

Monthly Schedule/Monatsplan

Month/Monat	Jan 25		
Gi/No Gi	Gi	Gi: Jan, Feb, Apr, Mai, Sep, Okt, Dez	No Gi: Mar, Jun, Jul, Aug, Nov
Focus/Fokus Adv.	Back Mount		

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
06.01.2025	Monday/Montag	Fundamentals	8	Philipp L.	
07.01.2025	Tuesday/Dienstag	Advanced - Program 2	38	Dani	Clock Choke - Slice 1
08.01.2025	Wednesday/Mittwoch	Fundamentals	16	Marcel	
09.01.2025	Thursday/Donnerstag	Advanced - Program 2	38	Dani	Clock Choke - Slice 2
10.01.2025	Friday/Freitag	---	---	No class	
11.01.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	24	Victor/Dani	
		Fundamentals	24	Philip H.	
Weekend					
13.01.2025	Monday/Montag	Fundamentals	9	Dani	
14.01.2025	Tuesday/Dienstag	Advanced - Program 2	38	Victor	Clock Choke - Drilling/Sparring
15.01.2025	Wednesday/Mittwoch	Fundamentals	17	Philip H.	
16.01.2025	Thursday/Donnerstag	Advanced - Program 2	38	Dani	Open Mat/Sparring
17.01.2025	Friday/Freitag	---	---	No class	
18.01.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	25	Dani	
		Fundamentals	25	Dani	
Weekend					
20.01.2025	Monday/Montag	Fundamentals	10	Philip H.	
21.01.2025	Tuesday/Dienstag	Advanced - Program 2	39	Victor	Lapel Choke Counters - Slice 1
22.01.2025	Wednesday/Mittwoch	Fundamentals	18	Dani	
23.01.2025	Thursday/Donnerstag	Advanced - Program 2	39	Donal	Lapel Choke Counters - Slice 2
24.01.2025	Friday/Freitag	---	---	No class	
25.01.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	26	Victor / Donal	
		Fundamentals	1	Dani	Instructor meeting
Weekend					
27.01.2025	Monday/Montag	Fundamentals	11	Dani	
28.01.2025	Tuesday/Dienstag	Advanced - Program 2	---	Marco	Principles 31: Centerline
29.01.2025	Wednesday/Mittwoch	Fundamentals	19	Donal	
30.01.2025	Thursday/Donnerstag	Advanced - Program 2	---	Victor	Open Mat/Sparring
31.01.2025	Friday/Freitag	---	---	No class	
01.02.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	27	Victor/ Donal	
		Fundamentals	2	Leuvon	Wrestling/Takedowns
Weekend					
03.02.2025	Monday/Montag	Fundamentals	12	Philipp L.	
04.02.2025	Tuesday/Dienstag	Advanced - Program 2	39	Dani	Lapel Choke Counters - Slice 3
05.02.2025	Wednesday/Mittwoch	Fundamentals	20	Philip H.	
06.02.2025	Thursday/Donnerstag	Advanced - Program 2	39	Marco	Lapel Choke Counters - Drilling/Sparring
07.02.2025	Friday/Freitag	---	---	No class	
08.02.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	28	Victor	Donal TBD
		Fundamentals	3	Philip H.	