

Monthly Schedule/Monatsplan

Month/Monat	Okt 26				
Gi/No Gi	Gi	Gi: Jan, Feb, Apr, Mai, Sep, Okt		No Gi: Mar, Jun, Jul, Aug, Nov, Dez	
Focus/Fokus Adv.	Side mount				

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
28.09.2026	Monday/Montag	Fundamentals	21	Philipp L.	
29.09.2026	Tuesday/Dienstag	Advanced - Program 3	---	Dani	Side mount - review concepts
30.09.2026	Wednesday/Mittwoch	Fundamentals	4	Dani	
01.10.2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Side mount - review concepts
02.10.2026	Friday/Freitag	---	---	No class	
03.10.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	9	Donal, Victor	
		Fundamentals	12	Donal	
05.10.2026	Monday/Montag	Fundamentals	22	Marcel	
06.10.2026	Tuesday/Dienstag	Advanced - Program 3	9	Marco	Side mount - split control - slice 1
07.10.2026	Wednesday/Mittwoch	Fundamentals	5	Dani	
08.10.2026	Thursday/Donnerstag	Advanced - Program 3	9	Dani	Side mount - split control - slice 2
09.10.2026	Friday/Freitag	---	---	No class	
10.10.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	10	No class	Schulferien/school holidays
		Fundamentals	13	Dani	
12.10.2026	Monday/Montag	Fundamentals	23	Dani	
13.10.2026	Tuesday/Dienstag	Advanced - Program 3	9	Marco	Side mount - split control - drilling/sparring
14.10.2026	Wednesday/Mittwoch	Fundamentals	6	Richie	
15.10.2026	Thursday/Donnerstag	Advanced - Program 3	9	Dani	Striking (all levels)
16.10.2026	Friday/Freitag	---	---	No class	
17.10.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	11	No class	Schulferien/school holidays
		Fundamentals	14	Philip H.	
19.10.2026	Monday/Montag	Fundamentals	24	Philipp L.	
20.10.2026	Tuesday/Dienstag	Advanced - Program 3	---	Marco	Open mat/sparring (all levels)
21.10.2026	Wednesday/Mittwoch	Fundamentals	7	Richie	
22.10.2026	Thursday/Donnerstag	Advanced - Program 3	---	Victor	Open mat/sparring (all levels)
23.10.2026	Friday/Freitag	---	---	No class	
24.10.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	10	Donal, Victor	
		Fundamentals	15	Philipp L.	
26.10.2026	Monday/Montag	Fundamentals	25	Philip H.	
27.10.2026	Tuesday/Dienstag	Advanced - Program 3	10	Victor	High-low escape counters - slice 1
28.10.2026	Wednesday/Mittwoch	Fundamentals	8	Richie	
29.10.2026	Thursday/Donnerstag	Advanced - Program 3	10	Philip H.	High-low escape counters - slice 2
30.10.2026	Friday/Freitag	---	---	No class	
31.10.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	11	Donal, Victor	
		Fundamentals	16	Donal	