

Monthly Schedule/Monatsplan

Month/Monat	Aug 22		
Gi/No Gi	No-gi	Gi: Jan, Feb, Apr, May, Sep, Oct, Dec	No Gi: Mar, Jun, Jul, Aug, Nov
Focus/Fokus Adv.	Mount escapes		

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
25.07.2022	Monday/Montag	Fundamentals	2	Dani	
26.07.2022	Tuesday/Dienstag	Advanced - Program 1	2	Dani	Repetition of leg lock system
27.07.2022	Wednesday/Mittwoch	Fundamentals	14	Philip	
28.07.2022	Thursday/Donnerstag	Advanced - Program 1	2	Donal	
29.07.2022	Friday/Freitag	---	---	No class	
30.07.2022	Saturday/Samstag	Jr. Fundamentals (Kids)	9	No class	Sommerferien
		Fundamentals	2/14	Pascal	
August 2022					
01.08.2022	Monday/Montag	Fundamentals	3	No class	Holiday
02.08.2022	Tuesday/Dienstag	Advanced - Program 1	2	Dani	Leg lock system - drilling
03.08.2022	Wednesday/Mittwoch	Fundamentals	15	Dani	
04.08.2022	Thursday/Donnerstag	Advanced - Program 1	2	Marco	
05.08.2022	Friday/Freitag	---	---	No class	
06.08.2022	Saturday/Samstag	Jr. Fundamentals (Kids)	10	No class	Sommerferien
		Fundamentals	3/15	Donal	
August 2022					
08.08.2022	Monday/Montag	Fundamentals	4	Dani	
09.08.2022	Tuesday/Dienstag	Advanced - Program 2	3	Pascal	
10.08.2022	Wednesday/Mittwoch	Fundamentals	16	Philip	
11.08.2022	Thursday/Donnerstag	Advanced - Program 2	3	Dani	Principles 4 - Pyramid
12.08.2022	Friday/Freitag	---	---	No class	
13.08.2022	Saturday/Samstag	Jr. Fundamentals (Kids)	11	No class	Sommerferien
		Fundamentals	4/16	Leuvon	Wrestling intro 2
August 2022					
15.08.2022	Monday/Montag	Fundamentals	5	Dani	
16.08.2022	Tuesday/Dienstag	Advanced - Program 1	3	Dani	
17.08.2022	Wednesday/Mittwoch	Fundamentals	17	Victor	
18.08.2022	Thursday/Donnerstag	Advanced - Program 1	3	Philip	
19.08.2022	Friday/Freitag	---	---	No class	
20.08.2022	Saturday/Samstag	Jr. Fundamentals (Kids)	12	No class	Sommerferien
		Fundamentals	5/17	Dani	Guest teacher from Bern: Giuliano Haldimann
August 2022					
22.08.2022	Monday/Montag	Fundamentals	6	Dani	
23.08.2022	Tuesday/Dienstag	Advanced - Program 1	4	Pascal	
24.08.2022	Wednesday/Mittwoch	Fundamentals	18	Philip	
25.08.2022	Thursday/Donnerstag	Advanced - Program 1	4	Marco	
26.08.2022	Friday/Freitag	---	---	No class	
27.08.2022	Saturday/Samstag	Jr. Fundamentals (Kids)	13	Victor	
		Fundamentals	6/18	Leuvon	Wrestling intro 3