

**Monthly Schedule/Monatsplan**

|                         |           |                                       |                                |
|-------------------------|-----------|---------------------------------------|--------------------------------|
| <b>Month/Monat</b>      | Aug 25    |                                       |                                |
| <b>Gi/No Gi</b>         | No Gi     | Gi: Jan, Feb, Apr, Mai, Sep, Okt, Dez | No Gi: Mar, Jun, Jul, Aug, Nov |
| <b>Focus/Fokus Adv.</b> | Leg locks |                                       |                                |

| Date/Datum | Day/Tag             | Class/Klasse            | Lesson/Lektion | Instructor    | Notes/<br>Kommentar                             |
|------------|---------------------|-------------------------|----------------|---------------|-------------------------------------------------|
| 04.08.2025 | Monday/Montag       | Fundamentals            | 13             | Philip H.     |                                                 |
| 05.08.2025 | Tuesday/Dienstag    | Advanced - Program 2    | ---            | Marco         | Open mat/sparring (all levels)                  |
| 06.08.2025 | Wednesday/Mittwoch  | Fundamentals            | 21             | Philipp L.    |                                                 |
| 07.08.2025 | Thursday/Donnerstag | Advanced - Program 2    | ---            | Dani          | Jiu-Jitsu Plus - striking/boxing (all levels)   |
| 08.08.2025 | Friday/Freitag      | ---                     | ---            | No class      |                                                 |
| 09.08.2025 | Saturday/Samstag    | Jr. Fundamentals (Kids) | 1              | No class      | Summer holidays                                 |
|            |                     | Fundamentals            | 4              | Dani          |                                                 |
|            |                     |                         |                |               |                                                 |
| 11.08.2025 | Monday/Montag       | Fundamentals            | 14             | Dani          |                                                 |
| 12.08.2025 | Tuesday/Dienstag    | Advanced - Program 2    | 48             | Marco         | Inverted heel hook counters - slice 1           |
| 13.08.2025 | Wednesday/Mittwoch  | Fundamentals            | 22             | Marcel        |                                                 |
| 14.08.2025 | Thursday/Donnerstag | Advanced - Program 2    | 48             | Bruno         | Inverted heel hook counters - slice 2           |
| 15.08.2025 | Friday/Freitag      | ---                     | ---            | No class      |                                                 |
| 16.08.2025 | Saturday/Samstag    | Jr. Fundamentals (Kids) | 2              | No class      | Summer holidays                                 |
|            |                     | Fundamentals            | 5              | Victor        |                                                 |
|            |                     |                         |                |               |                                                 |
| 18.08.2025 | Monday/Montag       | Fundamentals            | 15             | Philip H.     |                                                 |
| 19.08.2025 | Tuesday/Dienstag    | Advanced - Program 2    | 48             | Victor        | Inverted heel hook counters - slice 3           |
| 20.08.2025 | Wednesday/Mittwoch  | Fundamentals            | 23             | Dani          |                                                 |
| 21.08.2025 | Thursday/Donnerstag | Advanced - Program 2    | 48             | Bruno         | Inverted heel hook counters - drilling/sparring |
| 22.08.2025 | Friday/Freitag      | ---                     | ---            | No class      |                                                 |
| 23.08.2025 | Saturday/Samstag    | Jr. Fundamentals (Kids) | 3              | Victor/ Donal |                                                 |
|            |                     | Fundamentals            | 6              | Philipp L.    |                                                 |
|            |                     |                         |                |               |                                                 |
| 25.08.2025 | Monday/Montag       | Fundamentals            | 16             | Philip H.     |                                                 |
| 26.08.2025 | Tuesday/Dienstag    | Advanced - Program 2    | ---            | Dani          | Jiu-Jitsu Plus - striking/boxing (all levels)   |
| 27.08.2025 | Wednesday/Mittwoch  | Fundamentals            | 24             | Dani          |                                                 |
| 28.08.2025 | Thursday/Donnerstag | Advanced - Program 2    | ---            | Philipp L.    | Open mat/sparring (all levels)                  |
| 29.08.2025 | Friday/Freitag      | ---                     | ---            | No class      |                                                 |
| 30.08.2025 | Saturday/Samstag    | Jr. Fundamentals (Kids) | 4              | Victor/Donal  |                                                 |
|            |                     | Fundamentals            | 7              | Victor        |                                                 |
|            |                     |                         |                |               |                                                 |
| 01.09.2025 | Monday/Montag       | Fundamentals            | 17             | Philip H.     |                                                 |
| 02.09.2025 | Tuesday/Dienstag    | Advanced - Program 2    | ---            | Dani          | Leg lock system                                 |
| 03.09.2025 | Wednesday/Mittwoch  | Fundamentals            | 25             | Marcel        |                                                 |
| 04.09.2025 | Thursday/Donnerstag | Advanced - Program 2    | ---            | Dani          | Leg lock system                                 |
| 05.09.2025 | Friday/Freitag      | ---                     | ---            | No class      |                                                 |
| 06.09.2025 | Saturday/Samstag    | Jr. Fundamentals (Kids) | 5              | Victor        |                                                 |
|            |                     | Fundamentals            | 8              | Dani          | Instructor meeting                              |