

Monthly Schedule/Monatsplan

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

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
28.04.2025	Monday/Montag	Fundamentals	24	Philip H.	
29.04.2025	Tuesday/Dienstag	Advanced - Program 2	---	Dani	Striking/grappling with strikes
30.04.2025	Wednesday/Mittwoch	Fundamentals	7	Donal	
01.05.2025	Thursday/Donnerstag	Advanced - Program 2	---	No class	Public holiday (1st May)
02.05.2025	Friday/Freitag	---	---	No class	
03.05.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	34	No class	School holidays
		Fundamentals	15	Dani	Special guest
05.05.2025					
05.05.2025	Monday/Montag	Fundamentals	25	Dani	
06.05.2025	Tuesday/Dienstag	Advanced - Program 2	43	Victor	Diving toe hold - slice 1
07.05.2025	Wednesday/Mittwoch	Fundamentals	8	Dani	
08.05.2025	Thursday/Donnerstag	Advanced - Program 2	43	Dani	Diving toe hold - slice 1+2
09.05.2025	Friday/Freitag	---	---	No class	
10.05.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	35	Victor/Dani	
		Fundamentals	16	Philip H.	
12.05.2025					
12.05.2025	Monday/Montag	Fundamentals	1	Philipp L.	
13.05.2025	Tuesday/Dienstag	Advanced - Program 2	43	Dani	Diving toe hold - slice 1+2+3
14.05.2025	Wednesday/Mittwoch	Fundamentals	9	Dani	
15.05.2025	Thursday/Donnerstag	Advanced - Program 2	43	Bruno	Diving toe hold - drilling/sparring
16.05.2025	Friday/Freitag	---	---	No class	
17.05.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	36	Victor	
		Fundamentals	17	Philip H.	
19.05.2025					
19.05.2025	Monday/Montag	Fundamentals	2	Philipp L.	
20.05.2025	Tuesday/Dienstag	Advanced - Program 2	---	Marco	Open mat/sparring
21.05.2025	Wednesday/Mittwoch	Fundamentals	10	Dani	
22.05.2025	Thursday/Donnerstag	Advanced - Program 2	---	Dani	Jiu-Jitsu Plus (striking/grappling with strikes): boxing introduction class w/external coach
23.05.2025	Friday/Freitag	---	---	No class	
24.05.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	37	Victor	
		Fundamentals	18	Leuvon	Wrestling/Take downs
26.05.2025					
26.05.2025	Monday/Montag	Fundamentals	3	Philip H.	
27.05.2025	Tuesday/Dienstag	Advanced - Program 2	44	Marco	Diving toe hold counters - slice 1+2
28.05.2025	Wednesday/Mittwoch	Fundamentals	11	Dani	
29.05.2025	Thursday/Donnerstag	Advanced - Program 2	44	No class	Public holiday (Ascension day)
30.05.2025	Friday/Freitag	---	---	No class	
31.05.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	38	Dani	
		Fundamentals	19	Dani	Instructor meeting