

Monthly Schedule/Monatsplan

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

| Date/Datum | Day/Tag | Class/Klasse | Lesson/Lektion | Instructor | Notes/ Kommentar |
|------------|---------------------|-------------------------|----------------|---------------|------------------------|
| 31.10.2022 | Monday/Montag | Fundamentals | 16 | Dani | |
| 01.11.2022 | Tuesday/Dienstag | Advanced - Program 2 | 9 | Pascal | |
| 02.11.2022 | Wednesday/Mittwoch | Fundamentals | 5 | Marcel | |
| 03.11.2022 | Thursday/Donnerstag | Advanced - Program 2 | 9 | Bruno | |
| 04.11.2022 | Friday/Freitag | --- | --- | No class | |
| 05.11.2022 | Saturday/Samstag | Jr. Fundamentals (Kids) | 23 | Victor/Dani | |
| | | Fundamentals | 16/5 | Leuvon | Take downs/wrestling |
| 07.11.2022 | Monday/Montag | Fundamentals | 17 | Philip | |
| 08.11.2022 | Tuesday/Dienstag | Advanced - Program 2 | 9 | Bruno | |
| 09.11.2022 | Wednesday/Mittwoch | Fundamentals | 6 | Philip | |
| 10.11.2022 | Thursday/Donnerstag | Advanced - Program 2 | 9 | Marco | |
| 11.11.2022 | Friday/Freitag | --- | --- | No class | |
| 12.11.2022 | Saturday/Samstag | Jr. Fundamentals (Kids) | 24 | Philip/Victor | |
| | | Fundamentals | 17/6 | Dani | |
| 14.11.2022 | Monday/Montag | Fundamentals | 18 | Philip | |
| 15.11.2022 | Tuesday/Dienstag | Advanced - Program 2 | 10 | Bruno | |
| 16.11.2022 | Wednesday/Mittwoch | Fundamentals | 7 | Dani | |
| 17.11.2022 | Thursday/Donnerstag | Advanced - Program 2 | 10 | Dani | |
| 18.11.2022 | Friday/Freitag | --- | --- | No class | |
| 19.11.2022 | Saturday/Samstag | Jr. Fundamentals (Kids) | 25 | Victor/Dani | |
| | | Fundamentals | 18/7 | Leuvon | Take downs/wrestling |
| 21.11.2022 | Monday/Montag | Fundamentals | 19 | Marcel | |
| 22.11.2022 | Tuesday/Dienstag | Advanced - Program 2 | 10 | Marco | |
| 23.11.2022 | Wednesday/Mittwoch | Fundamentals | 8 | Victor | |
| 24.11.2022 | Thursday/Donnerstag | Advanced - Program 2 | 10 | Bruno | Principles 7: Velocity |
| 25.11.2022 | Friday/Freitag | --- | --- | No class | |
| 26.11.2022 | Saturday/Samstag | Jr. Fundamentals (Kids) | 26 | Philip/Victor | |
| | | Fundamentals | 19/8 | Philip | |
| 28.11.2022 | Monday/Montag | Fundamentals | 20 | Leuvon | |
| 29.11.2022 | Tuesday/Dienstag | Advanced - Program 2 | 11 | Bruno | |
| 30.11.2022 | Wednesday/Mittwoch | Fundamentals | 9 | Dani | |
| 01.12.2022 | Thursday/Donnerstag | Advanced - Program 2 | 11 | Marco | |
| 02.12.2022 | Friday/Freitag | --- | --- | No class | |
| 03.12.2022 | Saturday/Samstag | Jr. Fundamentals (Kids) | 27 | Dani | |
| | | Fundamentals | 20/9 | Dani | |