

Monthly Schedule/Monatsplan

Month/Monat	Jan 23
Gi/No Gi	Gi Gi: Jan, Feb, Apr, May, Sep, Oct, Dec No Gi: Mar, Jun, Jul, Aug, Nov
Focus/Fokus Adv.	Side mount escapes and submissions

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
02.01.2023	Monday/Montag	Fundamentals	1	No class	X-mas Holiday
03.01.2023	Tuesday/Dienstag	Advanced - Program 2	12	Dani	
04.01.2023	Wednesday/Mittwoch	Fundamentals	13	Pascal	
05.01.2023	Thursday/Donnerstag	Advanced - Program 2	12	Marco	
06.01.2023	Friday/Freitag	---	---	No class	
07.01.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	29	No Class	X-mas Holiday
		Fundamentals	1/13	Dani	
Weekend					
09.01.2023	Monday/Montag	Fundamentals	2	Dani	
10.01.2023	Tuesday/Dienstag	Advanced - Program 2	12	Victor	
11.01.2023	Wednesday/Mittwoch	Fundamentals	14	Philip	
12.01.2023	Thursday/Donnerstag	Advanced - Program 2	12	Dani	
13.01.2023	Friday/Freitag	---	---	No class	
14.01.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	30	Victor/Philip	
		Fundamentals	2/14	Philip	
Weekend					
16.01.2023	Monday/Montag	Fundamentals	3	Pascal	
17.01.2023	Tuesday/Dienstag	Advanced - Program 2	13	Marco	
18.01.2023	Wednesday/Mittwoch	Fundamentals	15	Philip	
19.01.2023	Thursday/Donnerstag	Advanced - Program 2	13	Dani	Principles: River
20.01.2023	Friday/Freitag	---	---	No class	
21.01.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	31	Victor/Dani	
		Fundamentals	3/15	Dani	Roy Marsh Seminar 10:00-13:00
Weekend					
23.01.2023	Monday/Montag	Fundamentals	4	Pascal	
24.01.2023	Tuesday/Dienstag	Advanced - Program 2	13	Dani	
25.01.2023	Wednesday/Mittwoch	Fundamentals	16	Dani	
26.01.2023	Thursday/Donnerstag	Advanced - Program 2	13	Marco	
27.01.2023	Friday/Freitag	---	---	No class	
28.01.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	32	Victor/Dani	
		Fundamentals	4/16	Dani	
Weekend					
30.01.2023	Monday/Montag	Fundamentals	5	Dani	
31.01.2023	Tuesday/Dienstag	Advanced - Program 2	14	Victor	
01.02.2023	Wednesday/Mittwoch	Fundamentals	17	Pascal	
02.02.2023	Thursday/Donnerstag	Advanced - Program 2	14	Dani	
03.02.2023	Friday/Freitag	---	---	No class	
04.02.2023	Saturday/Samstag	Jr. Fundamentals (Kids)	33	Victor/Philip	
		Fundamentals	5/17	Leuvon	Wrestling/Take Downs