

Monthly Schedule/Monatsplan

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

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
01.09.2025	Monday/Montag	Fundamentals	17	Philip H.	
02.09.2025	Tuesday/Dienstag	Advanced - Program 2	---	Dani	Leg lock system (no-gi)
03.09.2025	Wednesday/Mittwoch	Fundamentals	25	Marcel	
04.09.2025	Thursday/Donnerstag	Advanced - Program 2	---	Dani	Leg lock system (no-gi)
05.09.2025	Friday/Freitag	---	---	No class	
06.09.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	5	Victor/ Donal	
		Fundamentals	8	Dani	Instructor meeting
08.09.2025	Monday/Montag	Fundamentals	18	Philip H.	
09.09.2025	Tuesday/Dienstag	Advanced - Program 2	---	Dani	Leg lock system (no-gi)
10.09.2025	Wednesday/Mittwoch	Fundamentals	1	Dani	
11.09.2025	Thursday/Donnerstag	Advanced - Program 2	---	Dani	Leg lock system (no-gi)
12.09.2025	Friday/Freitag	---	---	No class	
13.09.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	6	Victor/ Donal	
		Fundamentals	9	Victor	
15.09.2025	Monday/Montag	Fundamentals	19	Dani	
16.09.2025	Tuesday/Dienstag	Advanced - Program 2	---	Marco	Open mat/sparring (all levels)
17.09.2025	Wednesday/Mittwoch	Fundamentals	2	Dani	
18.09.2025	Thursday/Donnerstag	Advanced - Program 2	---	Dani	Jiu-Jitsu Plus - striking (all levels, no-gi)
19.09.2025	Friday/Freitag	---	---	No class	
20.09.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	7	Victor/Donal	
		Fundamentals	10	Philip H.	
22.09.2025	Monday/Montag	Fundamentals	20	Philip H.	
23.09.2025	Tuesday/Dienstag	Advanced - Program 2	49	Philip H.	Single-hand collar grab defense - slice 1+2
24.09.2025	Wednesday/Mittwoch	Fundamentals	3	Dani	
25.09.2025	Thursday/Donnerstag	Advanced - Program 2	49	Marco	Single-hand collar grab defense - slice 3+4
26.09.2025	Friday/Freitag	---	49	No class	
27.09.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	8	Donal	
		Fundamentals	11	Philipp L.	
29.09.2025	Monday/Montag	Fundamentals	21	Philipp L.	
30.09.2025	Tuesday/Dienstag	Advanced - Program 2	---	Dani/Patrik	Jiu-Jitsu Plus - striking (all levels) - guest instructor
01.10.2025	Wednesday/Mittwoch	Fundamentals	4	Marcel	
02.10.2025	Thursday/Donnerstag	Advanced - Program 2	---	Bruno	Open mat/sparring (all levels)
03.10.2025	Friday/Freitag	---	---	No class	
04.10.2025	Saturday/Samstag	Jr. Fundamentals (Kids)	9	Victor/Donal	
		Fundamentals	12	Victor	