

Monthly Schedule/Monatsplan

Month/Monat	Feb 24		
Gi/No Gi	Gi	Gi: Jan, Feb, Apr, May, Sep, Okt, Dez	No Gi: Mar, Jun, Jul, Aug, Nov
Focus/Fokus Adv.	Guard submissions and sweeps		

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
29.01.2024	Monday/Montag	Fundamentals	9	Philip	
30.01.2024	Tuesday/Dienstag	Advanced - Program 2		Marco	Principles 20 - Sacrifice
31.01.2024	Wednesday/Mittwoch	Fundamentals	17	Marcel	
01.02.2024	Thursday/Donnerstag	Advanced - Program 2		Dani	Open Mat/Sparring
02.02.2024	Friday/Freitag	---	---	No class	
03.02.2024	Saturday/Samstag	Jr. Fundamentals (Kids)	32	Donal/Victor	
		Fundamentals	25	Dani	After class: Instructor committee
February 2024					
05.02.2024	Monday/Montag	Fundamentals	10	Dani	
06.02.2024	Tuesday/Dienstag	Advanced - Program 2	29	Dani	Slice 1 + 2
07.02.2024	Wednesday/Mittwoch	Fundamentals	18	Marcel	
08.02.2024	Thursday/Donnerstag	Advanced - Program 2	29	Marco	Slice 1 + 3
09.02.2024	Friday/Freitag	---	---	No class	
10.02.2024	Saturday/Samstag	Jr. Fundamentals (Kids)	33	Donal/Victor	
		Fundamentals	1	Philip	
February 2024					
12.02.2024	Monday/Montag	Fundamentals	11	Philip	
13.02.2024	Tuesday/Dienstag	Advanced - Program 2	29	Victor	Slice 1 + 4
14.02.2024	Wednesday/Mittwoch	Fundamentals	19	Dani	
15.02.2024	Thursday/Donnerstag	Advanced - Program 2	29	Marco	Drilling/Sparring
16.02.2024	Friday/Freitag	---	---	No class	
17.02.2024	Saturday/Samstag	Jr. Fundamentals (Kids)	34	No class	School holiday
		Fundamentals	2	Pascal	
February 2024					
19.02.2024	Monday/Montag	Fundamentals	12	Philip	
20.02.2024	Tuesday/Dienstag	Advanced - Program 2		Dani	Principles 21 - Momentum
21.02.2024	Wednesday/Mittwoch	Fundamentals	20	Marcel	
22.02.2024	Thursday/Donnerstag	Advanced - Program 2		Pascal	Open Mat/Sparring
23.02.2024	Friday/Freitag	---	---	No class	
24.02.2024	Saturday/Samstag	Jr. Fundamentals (Kids)	35	No class	School holiday
		Fundamentals	3	Dani	
February 2024					
26.02.2024	Monday/Montag	Fundamentals	13	Philip	
27.02.2024	Tuesday/Dienstag	Advanced - Program 2	30	Dani	Slice 1 + 2
28.02.2024	Wednesday/Mittwoch	Fundamentals	21	Donal	
29.02.2024	Thursday/Donnerstag	Advanced - Program 2	30	Marco	Slice 3 + 4
01.03.2024	Friday/Freitag	---	---	No class	
02.03.2024	Saturday/Samstag	Jr. Fundamentals (Kids)	34	Donal/Victor	
		Fundamentals	4	Dani	