

Monthly Schedule/Monatsplan

Month/Monat	Jan 26				
Gi/No Gi	Gi	Gi: Jan, Feb, Apr, Mai, Sep, Okt, Dez			No Gi: Mar, Jun, Jul, Aug, Nov
Focus/Fokus Adv.	Take Downs				

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
05.01.2026	Monday/Montag	Fundamentals	8	Philip H.	
06.01.2026	Tuesday/Dienstag	Advanced - Program 3	---	Dani	Take Down System
07.01.2026	Wednesday/Mittwoch	Fundamentals	16	Richie	
08.01.2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Take Down System
09.01.2026	Friday/Freitag	---	---	No class	
10.01.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	21	Victor / Donal	
		Fundamentals	24	Philipp L.	
12.01.2026	Monday/Montag	Fundamentals	9	Philip H.	
13.01.2026	Tuesday/Dienstag	Advanced - Program 3	---	Dani	Take Down System
14.01.2026	Wednesday/Mittwoch	Fundamentals	17	Richie	
15.01.2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Take Down System
16.01.2026	Friday/Freitag	---	---	No class	
17.01.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	22	Victor / Donal	
		Fundamentals	25	Philipp L.	
19.01.2026	Monday/Montag	Fundamentals	10	Dani	
20.01.2026	Tuesday/Dienstag	Advanced - Program 3	---	Philip H.	Open mat/sparring (all levels)
21.01.2026	Wednesday/Mittwoch	Fundamentals	18	Richie	
22.01.2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Jiu-Jitsu Plus - Striking
23.01.2026	Friday/Freitag	---	---	No class	
24.01.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	23	Victor	
		Fundamentals	1	Leuvon	wrestling
26.01.2026	Monday/Montag	Fundamentals	11	Philip H.	
27.01.2026	Tuesday/Dienstag	Advanced - Program 3	1	Dani	Modified Mount Control - Slice 1
28.01.2026	Wednesday/Mittwoch	Fundamentals	19	Richie	
29.01.2026	Thursday/Donnerstag	Advanced - Program 3	1	Marco	Modified Mount Control - Slice 2
30.01.2026	Friday/Freitag	---	---	No class	
31.01.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	24	Donal/Dani	
		Fundamentals	2	Dani	
02.02.2026	Monday/Montag	Fundamentals	12	Richie	
03.02.2026	Tuesday/Dienstag	Advanced - Program 3	1	Victor	Modified Mount Control - Slice 3
04.02.2026	Wednesday/Mittwoch	Fundamentals	20	Dani	
05.02.2026	Thursday/Donnerstag	Advanced - Program 3	1	Marco	Modified Mount Control - Drilling Sparring
06.02.2026	Friday/Freitag	---	---	No class	
07.02.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	25	Donal/Dani	
		Fundamentals	3	Philipp L.	