

**Monthly Schedule/Monatsplan**

<b>Month/Monat</b>	Jul 26				
<b>Gi/No Gi</b>	No Gi	Gi: Jan, Feb, Apr, Mai, Sep, Okt, Dez		No Gi: Mar, Jun, Jul, Aug, Nov	
<b>Focus/Fokus Adv.</b>	Leg lock system				

Date/Datum	Day/Tag	Class/Klasse	Lesson/Lektion	Instructor	Notes/ Kommentar
29.06.2026	Monday/Montag	Fundamentals	8	Philipp L.	
30.06.2026	Tuesday/Dienstag	Advanced - Program 3	8	Marco	Neck hug extras - slice 4
01.07.2026	Wednesday/Mittwoch	Fundamentals	16	Richie	
02.07.2026	Thursday/Donnerstag	Advanced - Program 3	8	Dani	Neck hug extras - drilling/sparring
03.07.2026	Friday/Freitag	---	---	No class	
04.07.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	1	Donal / Dani	
		Fundamentals	24	Dani	
<b>July 2026</b>					
06.07.2026	Monday/Montag	Fundamentals	9	Philipp L.	
07.07.2026	Tuesday/Dienstag	Advanced - Program 3	---	Marco	Open mat (all levels)
08.07.2026	Wednesday/Mittwoch	Fundamentals	17	Richie	
09.07.2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Striking (all levels)
10.07.2026	Friday/Freitag	---	---	No class	
11.07.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	2	Donal, Victor	
		Fundamentals	25	Marcel	
<b>July 2026</b>					
13.07.2026	Monday/Montag	Fundamentals	10	Dani	
14.07.2026	Tuesday/Dienstag	Advanced - Program 3	---	Dani	Leg lock system - basic leg entanglement positions
15.07.2026	Wednesday/Mittwoch	Fundamentals	18	Richie	
16.07.2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Leg lock system - basic leg entanglement positions
17.07.2026	Friday/Freitag	---	---	No class	
18.07.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	3	No class	School holidays/Sommerferien
		Fundamentals	1	Philipp L.	
<b>July 2026</b>					
20.07.2026	Monday/Montag	Fundamentals	11	Philip H.	
21.07.2026	Tuesday/Dienstag	Advanced - Program 3	---	Dani	Leg lock system - finishing mechanics
22.07.2026	Wednesday/Mittwoch	Fundamentals	19	Richie	
23.07.2026	Thursday/Donnerstag	Advanced - Program 3	---	Dani	Leg lock system - entries
24.07.2026	Friday/Freitag	---	---	No class	
25.07.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	4	No class	School holidays/Sommerferien
		Fundamentals	2	Philip H.	
<b>July 2026</b>					
27.07.2026	Monday/Montag	Fundamentals	12	Marcel	
28.07.2026	Tuesday/Dienstag	Advanced - Program 3	---	Dani	Striking (all levels)
29.07.2026	Wednesday/Mittwoch	Fundamentals	20	Victor	
30.07.2026	Thursday/Donnerstag	Advanced - Program 3	---	Philip H.	Open mat (all levels)
31.07.2026	Friday/Freitag	---	---	No class	
01.08.2026	Saturday/Samstag	Jr. Fundamentals (Kids)	5	No class	School holidays/Sommerferien
		Fundamentals	3	No class	National Holiday