


	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00				09:00 – 10:00 Kickboxen			
	10:00 – 11:15 Week Start P.A.S.E.	10:00 – 11:00 MMA	10:00 – 11:15 P.A.S.E.			10:00 – 11:15 Hyrox	10:00 – 11:15 Sunday Hyrox
		10:15 – 11:15 Fitnesszirkel	10:00 – 11:15 Faszien Flow Yoga Soft		10:15 – 11:15 Fitnesszirkel		
				10:30 – 11:30 Rücken Fit		12:00 – 13:30 Muay Thai <small>NEU AB 25.2.</small>	12:00 – 13:00 Grappling Drills
15:00							13:30 – 15:00 Open Mat
				15:15 – 16:00 Karate Kids ab 5		15:00 – 16:30 Karate ab 12	14:00 – 15:15 Sunday P.A.S.E.
16:00	16:00 – 16:45 MMA Kids 4-6		16:00 – 16:45 Karate Kids ab 6 Beginner	16:00 – 16:45 MMA Kids 4-6	16:00 – 16:45 Karate Kids		
		16:15 – 17:00 Karate Kids ab 8					
	17:00 – 17:45 MMA Kids 6-12	17:00 – 17:45 Karate Kids ab 10	17:00 – 17:45 Karate Kids ab 8	17:00 – 17:45 MMA Kids 6-12	17:00 – 18:00 Kickboxen		
		17:45 – 19:15 Boxen					
	18:00 – 19:00 Karate Erwachsene		18:00 – 19:00 Kickboxen	18:00 – 19:00 Boxen Beginner	18:00 – 19:00 MMA Striking		
	18:15 – 19:30 Week Start P.A.S.E.						
					18:30 – 19:45 Thank God it's Friday P.A.S.E.		
	19:00 – 20:30 Boxen	19:00 – 20:15 Hyrox	19:00 – 20:30 MMA	19:00 – 20:00 Muay Thai	19:00 – 20:30 Muay Thai	<p>P.A.S.E. = Performance Athletic Strength Endurance</p>	
		19:15 – 20:30 Street Defense	19:00 – 20:15 Hyrox				
				19:30 – 20:45 P.A.S.E. Team			
				20:00 – 21:00 Karate Erwachsene			
22:00	20:30 – 22:00 Grappling	20:30 – 22:00 MMA Ground / Striking	20:30 – 22:00 Sparring		20:30 – 22:00 Grappling	<p>OFFICIAL HYROX GYM</p>	

Kurse auf dem P.A.S.E. Floor

Kurse auf dem Fight Floor

Achtung, bitte beachten: