

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00							
		10:00 - 11:00 Muay Thai	10:00 - 11:15 Faszien Flow Yoga Soft				
		10:00 - 11:00 Fitnesszirkel			10:00 - 11:00 Fitnesszirkel	10:00 - 11:15 Hyrox <small>1. & 3. Samstag im Monat</small>	10:30 - 12:00 Boxen (alle Level)
				10:30 - 11:30 Rücken Fit		12:00 - 13:30 Muay Thai	12:00 - 13:30 Drill & Roll
						12:30 - 13:45 Hyrox <small>2. & 4. Samstag im Monat</small>	13:30 - 15:00 Open Mat
15:00							
				15:15 - 16:00 Karate Kids ab 5		15:00 - 16:30 Karate ab 12	
16:00	16:00 - 17:00 Kickboxen Kids 6-13	16:15 - 17:00 Karate Kids ab 8	16:00 - 16:45 Karate Kids ab 6	16:00 - 17:00 Kickboxen Kids 6-13	16:00 - 16:45 Karate Kids		
	17:00 - 18:00 BJJ Gi / NoGi Kids 6-13	17:00 - 17:45 Karate Kids ab 10	17:00 - 17:45 Karate Kids ab 8	17:00 - 18:00 BJJ Gi / NoGi Kids 6-13	17:00 - 18:00 BJJ Gi / NoGi Kids Advanced 6-13		
	18:00 - 19:00 Karate Erwachsene	18:00 - 19:15 MMA & Sparring	18:00 - 19:00 MMA	18:00 - 19:15 Karate	18:00 - 19:00 Kickboxen		
		19:00 - 20:15 Hyrox	19:00 - 20:15 Hyrox	18:30 - 19:45 P.A.S.E.			
	19:00 - 20:30 Boxen	19:15 - 20:00 Boxen Basics (Anfänger)	19:00 - 20:00 Kickboxen	19:15 - 20:00 Boxen Basics (Anfänger)	19:00 - 20:00 MMA		
		20:00 - 21:00 Boxen (Fortgeschrittene)		20:00 - 21:00 Boxen (Fortgeschrittene)			
22:00	20:30 - 22:00 Grappling	21:00 - 22:00 Muay Thai (alle Level)	20:00 - 21:00 Boxen/Muay Thai Sparring	21:00 - 22:00 Muay Thai (alle Level)	20:00 - 21:30 Grappling		

P.A.S.E.
= Performance
Athletic
Strength
Endurance



Achtung, bitte beachten:

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