

TRAININGSPLAN



ÖFFNUNGSZEITEN

| | |
|------------------|---------------|
| MONTAG - FREITAG | 9:30 - 12:00 |
| | 15:30 - 21:30 |
| SAMSTAG | 9:30 - 14:30 |

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

DUTCH KICKBOXING
10:00 - 11:30

NO GI GRAPPLING
10:00 - 11:30

NO GI GRAPPLING
10:00 - 11:30

NO GI GRAPPLING
10:00 - 11:30

MUAY THAI
10:00 - 11:30

MMA SPARRING
11:00 - 12:30

NO GI GRAPPLING
16:00 - 17:00

KINDER MMA
16:00 - 17:00

NO GI GRAPPLING
16:00 - 17:00

KINDER KICKBOXEN
16:00 - 17:00

NO GI GRAPPLING
16:00 - 17:00

FRAUEN BOXEN
12:00 - 13:00

KINDER BOXEN
17:00 - 18:00

MUAY THAI
17:00 - 18:00

MUAY THAI
17:00 - 18:00

KINDER BOXEN
17:00 - 18:00

MMA
17:00 - 18:00

NO GI ADVANCED
18:00 - 19:00

MMA
17:00 - 18:00

NO GI ADVANCED
18:00 - 19:00

MMA
17:00 - 18:00

BOXEN
18:00 - 19:30

BOXEN
18:00 - 19:30

FRAUEN BOXEN
18:00 - 19:30

BOXEN
18:00 - 19:30

BOXEN
18:00 - 19:30

KICKBOXEN
18:00 - 19:30

KICKBOXEN
18:00 - 19:30

KICKBOXEN SPARRING
18:00 - 19:30

HYROX
19:00 - 20:00

HIIT
19:00 - 20:30

HYROX
19:00 - 20:00

WEIGHTLIFTING
19:00 - 20:00

MMA ADVANCED
19:00 - 20:00

RINGEN
19:30 - 21:00

MMA ADVANCED
19:00 - 20:00