

TRAININGSPLAN



ÖFFNUNGSZEITEN

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

MONTAG

DUTCH KICKBOXING
10:00 - 11:30

NO GI GRAPPLING
16:00 - 17:00

KINDER BOXEN
17:00 - 18:00

MMA
17:00 - 18:00

BOXEN
18:00 - 19:30

KICKBOXEN
18:00 - 19:30

HYROX
19:00 - 20:00

DIENSTAG

NO GI GRAPPLING
10:00 - 11:30

KINDER MMA
16:00 - 17:00

MUAY THAI
17:00 - 18:00

BJJ | NO GI
18:00 - 19:00

BOXEN
18:00 - 19:30

FUNCTIONAL MOBILITY
19:00 - 21:00

MMA ADVANCED
19:00 - 20:00

MITTWOCH

NO GI GRAPPLING
10:00 - 11:30

NO GI GRAPPLING
16:00 - 17:00

MMA
17:00 - 18:00

FRAUEN BOXEN
18:00 - 19:30

KICKBOXEN
18:00 - 19:30

HYROX
19:00 - 20:00

RINGEN
19:30 - 21:00

DONNERSTAG

NO GI GRAPPLING
10:00 - 11:30

KINDER KICKBOXEN
16:00 - 17:00

MUAY THAI
17:00 - 18:00

BJJ | NO GI
18:00 - 19:00

BOXEN
18:00 - 19:00

WEIGHTLIFTING
19:00 - 20:00

MMA ADVANCED
19:00 - 20:00

FREITAG

MUAY THAI
10:00 - 11:30

NO GI GRAPPLING
16:00 - 17:00

KINDER BOXEN
17:00 - 18:00

MMA
17:00 - 18:00

BOXEN
18:00 - 19:30

KICKBOXEN SPARRING
18:00 - 19:30

HYROX
18:00 - 19:00

SAMSTAG

MMA SPARRING
10:00 - 11:30

HIIT
11:00 - 12:00

FRAUEN BOXEN
12:00 - 13:00

YOGA
12:00 - 13:00

NO GI OPEN MAT
12:00 - 13:30