

# TRAININGSPLAN



## ÖFFNUNGSZEITEN

MO + DI + DO + FR	9:30 - 12:00
MONTAG - FREITAG	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

MUAY THAI  
10:00 - 11:30

MMA SPARRING  
10:00 - 11:30

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

CROSSFIT WOD  
11:00 - 12:00

KINDER BOXEN  
17:00 - 18:00

MUAY THAI  
17:00 - 18:00

MUAY THAI  
17:00 - 18:00

KINDER BOXEN  
17:00 - 18:00

FRAUEN BOXEN  
12:00 - 13:00

MMA  
17:00 - 18:00

BRAZILIAN JIU-JITSU  
18:00 - 19:00

MMA  
17:00 - 18:00

BRAZILIAN JIU-JITSU  
18:00 - 19:00

MMA  
17:00 - 18:00

CROSSFIT YOGA  
12:00 - 13:00

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

CROSSFIT WOD  
19:00 - 20:00

CROSSFIT WEIGHTLIFTING  
19:00 - 20:00

CROSSFIT WOD  
19:00 - 20:00

CROSSFIT WOD  
19:00 - 20:00

CROSSFIT WOD  
18:00 - 19:00

MMA ADVANCED  
19:00 - 20:00

RINGEN  
19:30 - 21:00

MMA ADVANCED  
19:00 - 20:00

CROSSFIT MOBILITY  
20:00 - 21:00

CROSSFIT YOGA  
20:00 - 21:00

CROSSFIT MOBILITY  
20:00 - 21:00