

MO	DI	MI	DO	FR	SO
16:30 - 18:00 JUDO KIDS	17:00 - 18:30 THAI- BOXEN KIDS	16:15 - 17:15 JUDO KIDDIES	17:00 - 18:30 JUDO KIDS	16:15 - 17:15 THAI- BOXEN KIDS	10:00 - 11:00 FITNESS WORKOUT
18:00 - 19:00 HIIT WORKOUT	18:00 - 19:30 BOXEN	18:00 - 19:30 MUAY THAI	18:00 - 19:30 MUAY THAI PAD WORK	16:45 - 17:45 Rehasport JUDO	12:30 - 15:00 OPEN MAT BODEN
18:00 - 19:30 MUAY THAI	18:30 - 19:30 FUNCTIONAL STRENGTH WORKOUT	18:15 - 19:00 TABATA WORKOUT	18:30 - 19:30 BODY WEIGHT WORKOUT	18:00 - 19:30 MUAY THAI	13:30 - 15:00 WETTKAMPF TRAINING KIDS
18:30 - 20:00 BOXEN	19:00 - 20:30 MMA	19:00 - 20:30 BOXEN	19:00 - 20:30 MMA	19:00 - 20:30 BOXEN ab 10 J.	13:30 - 15:00 BOXEN SPARRING
19:30 - 21:00 GRAPPLING BJJ	20:30 - 21:00 SPARRING ADVANCED	19:30 - 20:30 FITNESS BOXEN	19:30 - 21:00 BOXEN ab 10 J.	19:30 - 21:00 GRAPPLING BJJ	
OPEN GYM 19:00 - 21:00 Fitnessflächen	OPEN GYM 17:00 - 18:30 Boxringraum 19:30 - 20:30 Fitnessflächen	19:30 - 21:00 GRAPPLING MMA COMPETITION CLASS	19:45 - 20:45 YOGA	OPEN GYM 17:30 - 19:00 Boxringraum 17:30 - 21:00 Fitnessflächen	OPEN GYM 12:30 - 15:00 Fitnessflächen