

KURSPLAN



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
09:00-14:00 Personaltraining*	09:00-14:00 Personaltraining*	09:00-14:00 Personaltraining*	09:00-14:00 Personaltraining*	09:00-14:00 Personaltraining*	09:00-14:00 Personaltraining*
16:00-17:00 Kinder Kickboxen (7-10 J)	16:00-17:00 Kinder MMA (8-13 J)	16:00-17:00 Kinder Kickboxen (7-10 J)	16:00-17:00 Kinder MMA (8-13 J)	16:00-17:00 Kinder Kickboxen (7-10 J)	09:30-11:00 BJJ
17:00-18:00 Kinder Grappling (7-14 J)	17:00-18:00 Jugend Kickboxen Muay Thai (11-14 J)	17:00-18:00 Kinder Grappling (7-14 J)	17:00-18:00 Jugend Kickboxen Muay Thai (11-14 J)	17:00-18:00 Jugend Kickboxen (11-14J)	11:00-12:30 Sparring
18:00-20:00 Kickboxen/Muay Thai Team A	18:00-19:30 Kickboxen/Muay Thai Team B	18:00-20:00 Kickboxen/Muay Thai Team A	18:00-19:30 Kickboxen/Muay Thai Team B	18:30-20:00 MMA Grappling	
	19:30-21:00 Grappling		19:30-21:00 Grappling		

Team A: Fortgeschrittene Gruppe

Team B: Alle Level

*Personaltraining auf Anfrage