

TRAININGSPLAN

Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Sonntag	
GKR1	GKR2/ Fightraum	DOJO	GKR1	GKR2/ Fightraum	DOJO	GKR1	GKR2/ Fightraum	DOJO	GKR1	GKR2/ Fightraum	DOJO	GKR1	GKR2/ Fightraum	DOJO	GKR2/ Fightraum	DOJO
															<p>Open Mat (freies Training für alle Kampfsportler) 10:00 - 12:00</p>	
		Jiu-Jitsu Kids ab 6 J. 16:30 - 17:30			Jiu-Jitsu Kids ab 6 J. 16:30 - 17:30			Saberlight Kids ab 10 J. 16:30 - 17:30			Jiu-Jitsu Minis ab 3 J. 16:30 - 17:30			Jiu-Jitsu Kids ab 6 J. 16:30 - 17:30		
	TRX 17:30 - 18:30	BJJ ab 14 J. 17:30 - 19:00			BJJ Kids ab 6 J. 17:30 - 18:30		MMA ab 16 J. 17:30 - 18:30		Let's Bands 17:15 - 18:15		BJJ ab 14 J. 17:30 - 19:00		MMA ab 16 J. 17:30 - 19:00	YBR Kenjutsu ab 14 J. 17:30 - 19:00		
Oldschool/ Vinyasa Yoga (im Wechsel) 18:15 - 19:15		Krav Maga ab 14 J. 18:30 - 20:00	World Jumping 18:30 - 19:30	Kickboxen Kids ab 7 J. 18:00 - 19:00		Pilates 18:00 - 19:00		MBC ab 18 J. 18:30 - 20:00	Zumba 18:15 - 19:15		Kickboxen Kids ab 7 J. 17:30 - 19:00					
Bodystyling 19:15 - 20:15		Kung Fu ab 14 J. 20:00 - 21:30	Fullbody Functional Workout 19:30 - 20:30	Kickboxen Erwachsene ab 14 J. 19:00 - 20:30	YBR Kenjutsu ab 14 J. 19:00 - 20:30	TaeBo 19:15 - 20:15	Rückenschule 19:00 - 20:00	Kung Fu ab 14 J. 20:00 - 21:30	World Jumping 19:15 - 20:15	Kickboxen Erwachsene ab 14 J. 19:00 - 20:30	Krav Maga / Jiu-Jitsu ab 14 J. 19:00 - 20:30		FIGHT SPARRING (BJJ, MMA, Kickboxen) 19:00 - 20:30	Kyujutsu ab 14 J. 19:00 - 20:30		
TaeBo 20:15 - 21:15	MBC ab 18 J. 20:15 - 21:30															

ÖFFNUNGSZEITEN: Montag - Freitag 16:00 Uhr - 21:30 Uhr | Sonntag 10:00 Uhr - 12:00 Uhr