KURSPLAN

MAIN LOCATION

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
	MUAY THAI + KRAV MAGA JUGENDLICHE (11-16 JAHRE) 17:00 - 18:00		MUAY THAI + KRAV MAGA JUGENDLICHE (11-16 JAHRE) 17:00 - 18:00	MUAY THAI + KRAV MAGA JUGENDLICHE (11-16 JAHRE) 17:00 - 18:00	
MMA "BODENKAMPF" 18:00 - 19:15	MUAY THAI "BASIC" 18:00 - 19:15	MMA "STRIKING" 18:00 - 19:00	MUAY THAI "BASIC" 18:00 - 19:30	MUAY THAI "BASIC" 18:00 - 19:15	
MUAY THAI "BASIC" 19:15 - 20:30	MUAY THAI "PADWORK" 19:15 - 20:30	MUAY THAI "BASIC" 19:00 - 20:30	MUAY THAI "CLINCHEN BASICS" 19:30 - 20:30	MUAY THAI "SPARRING" 19:15 - 20:30	

RING LOCATION

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
MUAY THAI "GEMISCHT" 9:00 - 10:30			MUAY THAI "GEMISCHT" 9:00 - 10:30		MUAY THAI "GEMISCHT" 9:00 - 10:30
MUAY THAI + KRAV MAGA KIDS (8-11 JAHRE) 17:00 - 18:00	MUAY THAI + KRAV MAGA MINIS (5-8 JAHRE) 17:00 - 18:00	MUAY THAI + KRAV MAGA KIDS (8-11 JAHRE) 17:00 - 18:00		MUAY THAI + KRAV MAGA MINIS (5-8 JAHRE) 17:00 - 18:00	
OPEN GYM "FREIES TRAINING" 18:00 - 19:15	OPEN GYM "FREIES TRAINING" 18:00 - 20:30	KRAV MAGA "SELBSTVERTEIDIGUNG" 18:00 - 19:00	WARRIOR WOMEN 18:00 - 19:30	MUAY THAI "WETTKÄMPFER" 18:00 - 19:15	
MUAY THAI "FORTGESCHRITTEN" 19:15 - 20:30		OPEN GYM "FREIES TRAINING" 19:00 - 20:30	OPEN GYM "FREIES TRAINING" 19:30 - 20:30	OPEN GYM "FREIES TRAINING" 19:15 - 20:30	

CAGE LOCATION

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
OPEN GYM "FREIES TRAINING" 18:00 - 20:30	OPEN GYM "FREIES TRAINING" 18:00 - 20:30	FIGHTERS FITNESS "ZIRKELTRAINING" 18:00 - 18:45	OPEN GYM "FREIES TRAINING" 18:00 - 20:30	KRAV MAGA "SELBSTVERTEIDIGUNG" 18:00 - 19:00	
		OPEN GYM "FREIES TRAINING" 19:00 - 20:30		OPEN GYM "FREIES TRAINING" 19:00 - 20:30	

LÖWENSCHMIEDE