



TRAININGSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

						09:45 - 10:45 FITNESSKURS
						11:00 - 12:00 KINDER- TRAINING
				16:45 - 17:45 LADIES BOXEN		
18:00 - 19:30 MMA	18:00 - 19:00 LADIES BOXEN	18:00 - 19:30 MMA	18:30 - 19:30 KINDER- TRAINING	18:00 - 19:30 BOXEN		
19:30 - 21:00 KICKBOXEN K1	19:30 - 21:00 BOXEN	19:30 - 21:00 KICKBOXEN K1	19:30 - 21:00 KICKBOXEN K1	19:30 - 21:00 MMA		