



# Trainingsplan GYM7097



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:30-10:45						Fitboxing (Sandsack / Pratzen)	Kickboxing Individual
10:45-11:00							
11:00-11:15							
11:15-11:30							
11:30-11:45						Kickboxing Kids / Jugendliche	
11:45-12:00							
12:00-12:15							
12:15-12:30							
12:30-12:45							
16:45-17:00		Open Gym (Kraftsport)	Kickboxing Kids	Open Gym (Kraftsport)			
17:00-17:15							
17:15-17:30							
17:30-17:45							
17:45-18:00							
18:00-18:15	Kickboxing Advance					Kickboxing Beginner	
18:15-18:30					Kickboxing Beginner		
18:30-18:45							
18:45-19:00							
19:00-19:15							
19:15-19:30	Kickboxing Beginner				Kickboxing Advance		
19:30-19:45			Fitboxing (Sandsack / Pratzen)				
19:45-20:00							
20:00-20:15							
20:15-20:30							
20:30-20:45							
20:45-21:00							