



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			Kickboxing Kids						
17:00-17:15		Open Gym (Kraftsport)			Open Gym (Kraftsport)				
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			Kickboxing PRO						
19:45-20:00									
20:00-20:15									
20:15-20:30									
20:30-20:45									
20:45-21:00									