



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG				
08:00 - 08:30		BOXEN BASIC	MMA		BOXEN BASIC						
08:30 - 09:00		BOXEN BASIC			BOXEN BASIC						
09:00 - 09:30	BOXEN BASIC	BOXEN & ATHLETIK	KICKBOXEN BASIC	BOXEN BASIC	BOXEN & ATHLETIK	MMA	BOXEN & ATHLETIK				
09:30 - 10:00											
10:00 - 10:30						BOXEN & ATHLETIK	BOXEN BASIC				
10:30 - 11:00											
11:00 - 11:30											
11:30 - 12:00											
12:00 - 12:30											
12:30 - 13:00											
12:30 - 13:00											
13:00 - 13:30											
13:30 - 14:00											
13:30 - 14:00											
16:00 - 16:30	BOXEN ADVANCED	MINI HELDEN	BOXEN BASIC	MINI HELDEN	MINI HELDEN						
16:30 - 17:00											
17:00 - 17:30	BOXEN BASIC	KLEINE HELDEN	KIDS	KLEINE HELDEN	KLEINE HELDEN						
17:30 - 18:00											
18:00 - 18:30	KIDS	BOXEN ADVANCED	TEENS	BOXEN BASIC	TEENS						
18:30 - 19:00											
19:00 - 19:30	KICKBOXEN BASIC	MMA	KICKBOXEN BASIC	MMA	KICKBOXEN BASIC						
19:30 - 20:00											
20:00 - 20:30	BOXEN BASIC	BOXEN BASIC	BOXEN BASIC	BJJ	BOXEN BASIC						
20:30 - 21:00											
21:00 - 21:30	KICKBOXEN ADVANCED	BJJ	BOXEN ADVANCED	KICKBOXEN BASIC	BOXEN ADVANCED						
21:30 - 22:00											