



RATINGEN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG					
08:00 - 08:30			BOXEN BASIC									
08:30 - 09:00			BOXEN BASIC									
09:00 - 09:30						BOXEN & ATHLETIK	BOXEN BASIC					
09:30 - 10:00												
10:00 - 10:30						BOXEN BASIC	KICKBOXEN BASIC					
10:30 - 11:00						BOXEN BASIC	KICKBOXEN BASIC					
11:00 - 11:30						KICKBOXEN BASIC	GRAPPLING					
11:30 - 12:00												
12:00 - 12:30												
12:30 - 13:00												
13:00 - 13:30												
13:30 - 14:00												
16:00 - 16:30												
16:30 - 17:00												
17:00 - 17:30	MINI HELDEN 3-5	KIDS 9-12		KLEINE HELDEN 6-9	TEENS 13-17							
17:30 - 18:00	MINI HELDEN 3-5	KIDS 9-12		KLEINE HELDEN 6-9	TEENS 13-17							
18:00 - 18:30	KLEINE HELDEN 6-9	TEENS 13-17		KIDS 9-12	BOXEN BASIC							
18:30 - 19:00	KLEINE HELDEN 6-9	TEENS 13-17		KIDS 9-12	BOXEN BASIC							
19:00 - 19:30	MMA BASIC	BOXEN BASIC		KICKBOXEN BASIC	KICKBOXEN BASIC							
19:30 - 20:00	MMA BASIC	BOXEN BASIC		KICKBOXEN BASIC	KICKBOXEN BASIC							
20:00 - 20:30	BOXEN BASIC	KICKBOXEN BASIC		BOXEN BASIC	BJJ							
20:30 - 21:00	BOXEN BASIC	KICKBOXEN BASIC		BOXEN BASIC	BJJ							
21:00 - 21:30												
21:30 - 22:00												