

# TRAININGSPLAN



## ÖFFNUNGSZEITEN

MONTAG - FREITAG	9:30 - 12:30
	15:30 - 21:30
SAMSTAG	9:30 - 14:30

### MONTAG

DUTCH KICKBOXING  
11:00 - 12:15

NO GI GRAPPLING  
16:00 - 17:00

KINDER BOXEN  
17:00 - 18:00

MMA  
17:00 - 18:00

BOXEN  
18:00 - 19:30

KICKBOXEN  
18:00 - 19:30

### DIENSTAG

NO GI GRAPPLING  
11:00 - 12:15

KINDER MMA  
16:00 - 17:00

MMA GRAPPLING  
17:00 - 18:00

BOXEN  
18:00 - 19:30

RINGEN  
18:00 - 19:00

**MMA ADVANCED**  
19:00 - 20:00

### MITTWOCH

NO GI GRAPPLING  
10:00 - 11:30

NO GI GRAPPLING  
16:00 - 17:00

MMA  
17:00 - 18:00

FRAUEN BOXEN  
18:00 - 19:00

KICKBOXEN  
18:00 - 19:30

STRENGHT & CONDITIONING  
19:00 - 20:00

### DONNERSTAG

MMA STRIKING  
10:00 - 11:15

KINDER KICKBOXEN  
16:00 - 17:00

NO GI GRAPPLING  
17:00 - 18:00

BOXEN  
18:00 - 19:30

FRAUEN MMA  
18:00 - 19:00

**MMA ADVANCED**  
19:00 - 20:00

### FREITAG

MUAY THAI  
10:30 - 11:45

NO GI GRAPPLING  
16:00 - 17:00

KINDER BOXEN  
17:00 - 18:00

MMA  
17:00 - 18:00

BOXEN  
18:00 - 19:30

KICKBOXEN SPARRING  
18:00 - 19:30

### SAMSTAG

MMA SPARRING  
10:30 - 12:00

OPEN MAT GRAPPLING  
12:00 - 13:00

FRAUEN BOXEN  
12:00 - 13:00

STRENGHT & CONDITIONING  
13:00 - 14:00