

| | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | Samstag | | | Sonntag | | | |
|-------|----------------|----------------|------------------|----------------|-------------------|--------------------|----------------|-------------|------------------|--------------------|----------------|--------------------|----------------|---------------------|--------------------|------------------|-------------|------------------|-----------|---------------|--------------------|--|
| Raum | 土 Erde | 水 Wasser | 金 Metall | 土 Erde | 水 Wasser | 金 Metall | 土 Erde | 水 Wasser | 金 Metall | 土 Erde | 水 Wasser | 金 Metall | 土 Erde | 水 Wasser | 金 Metall | 土 Erde | 水 Wasser | 金 Metall | 土 Erde | 水 Wasser | 金 Metall | |
| 8:00 | | | | BWO Kickboxing | Kickboxing (BEG.) | Boxing (INT.) | BWO Boxing | | Muay Thai (BEG.) | BWO Kickboxing | Boxing (INT.) | Muay Thai (BEG.) | | Boxing (All Levels) | Muay Thai (BEG.) | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | | | | BWO Boxing | K1 (INT.) | Boxing (BEG.) | BWO Kickboxing | MMA (BEG.) | Muay Thai (INT.) | BWO Boxing | Boxing (BEG.) | Muay Thai (INT.) | BWO Kickboxing | | Muay Thai (INT.) | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | | | Muay Thai (BEG.) | | Boxing (BEG.) | Muay Thai (BEG.) | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | Film Fight Club | | | | | | | | | | | | | |
| 12:00 | | Wu Zen | | | | | | | | | | | | Wu Zen | | | | | | | | |
| 12:30 | BWO Kickboxing | | Fitness Boxing | BWO Boxing | | Fitness Kickboxing | BWO Kickboxing | | Fitness Boxing | BWO Boxing | | Fitness Kickboxing | BWO Boxing | | Fitness Kickboxing | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | BWO Kickboxing | | | | | Tai Chi (BEG.) | | | | | | | | | | | | | |
| 18:00 | | | | | Kung Fu (INT.) | MMA (INT.) | | | | BWO Boxing | Kung Fu (INT.) | Kickboxing (BEG.) | | | Tai Chi (BEG.) | Muay Thai (BEG.) | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | BWO Boxing | Kung Fu (BEG.) | Muay Thai (BEG.) | BWO Boxing | No-Gi (BEG.) | Sanda (All Levels) | | | Kung Fu (BEG.) | Fitness Kickboxing | | | | BWO Boxing | BJJ (BEG.) | Kung Fu (BEG.) | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | | | | | | | |
| 20:30 | BWO Kickboxing | | Muay Thai (INT.) | | | | | | | BWO Boxing | | | | Boxing (BEG.) | | | | | | | Fitness Kickboxing | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | |

gültig ab 03.06.24



chimosa

KURSPLAN