

	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																				
12:30																						
13:00	BWO Kickboxing		Fitness Boxing	BWO Boxing		Fitness Kickboxing	BWO Kickboxing		Fitness Boxing	BWO Boxing		Fitness Kickboxing	BWO Boxing		Fitness Kickboxing							
13:30																						
14:00																						
14:30																						
17:00																						
17:30																						
18:00		Kung Fu (BEG.)		BWO Kickboxing	Kung Fu (INT.)	MMA (INT.)				BWO Boxing	Kung Fu (INT.)	Kickboxing (BEG.)									Muay Thai (BEG.)	
18:30																						
19:00	BWO Boxing	Tai Chi	Muay Thai (BEG.)	BWO Boxing	No-Gi (BEG.)	Tai Chi			Muay Thai (BEG.)	Fitness Kickboxing				BWO Boxing	BJJ (BEG.)							
19:30																						
20:00			Muay Thai (INT.)																			
20:30	BWO Kickboxing																					
21:00																						

gültig ab 22.07.24



chimosa

KURSPLAN