

	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		Muay Thai (INT.)	BWO Kickboxing	Kickboxing (BEG.)	Boxing (INT.)	BWO Kickboxing		Muay Thai (BEG.)	BWO Kickboxing	Boxing (INT.)	Muay Thai (INT.)	BWO Kickboxing	Boxing (INT.)	Muay Thai (BEG.)								
8:30																							
9:00																							
9:30	BWO Boxing		Muay Thai (BEG.)	BWO Boxing	K1 (INT.)	Boxing (BEG.)	BWO Boxing	Kickboxing (BEG.)	Muay Thai (INT.)	BWO Boxing	Boxing (BEG.)	Muay Thai (BEG.)	BWO Boxing	Boxing (BEG.)	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				BWO Boxing	BJJ (All Levels)	Women's Kickboxing	Martial Arts Fitness	Boxing (INT.)	Muay Thai (INT.)
12:30	BWO Kickboxing		Fitness Boxing	BWO Boxing		Fitness Kickboxing	BWO Kickboxing		Fitness Boxing	BWO Boxing		Fitness Kickboxing	BWO Boxing		Fitness Kickboxing								
13:00																		BWO Kickboxing		Muay Thai (INT.)	MMA Old School (All Levels)	Boxing SPARRING	Muay Thai SPARRING
13:30																							
14:00																							
14:30																					MMA Old School (All Levels)		

17:00																							
17:30																							
18:00		Kung Fu (BEG.)		BWO Boxing	Kung Fu (INT.)	MMA (INT.)						BWO Kickboxing	Kung Fu (BEG.)	Boxing (BEG.)									
18:30																							
19:00	BWO Boxing	Tai Chi	Muay Thai (BEG.)	Boxing (BEG.)	No-Gi (BEG.)	Tai Chi		Muay Thai (BEG.)	Fitness Kickboxing				Boxing (INT.)	Boxing (BEG.)	BJJ (BEG.)							Muay Thai (BEG.)	
19:30																							
20:00																							Muay Thai (INT.)
20:30	BWO Kickboxing		Muay Thai (INT.)			Boxing (INT.)	BWO Kickboxing		Muay Thai (INT.)	Women's Self Defense		Hapkido	BWO Boxing										
21:00																							

gültig ab 30.09.24



chimosa

KURSPLAN