

	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	Boxing (BEG.)	Kickboxing Foundation	BWO Boxing		Kickboxing Foundation	BWO Kickboxing	Boxing (BEG.)	Kickboxing Foundation		Boxing (All Levels)	Kickboxing Foundation							
8:30																						
9:00																						
9:30				BWO Boxing	Boxing (INT.)	K1 (INT.)	BWO Kickboxing	MMA (BEG.)	Muay Thai (INT.)	BWO Boxing	Boxing (INT.)	K1 (INT.)	BWO Kickboxing		Muay Thai (INT.)							
10:00																						
10:30																		K1 (INT.)		Boxing (BEG.)	Kickboxing Foundation	
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 Foundation			Tai Chi (BEG.)	Kickboxing Foundation						
18:30																						
19:00	BWO Boxing	Kung Fu (BEG.)	Kickboxing Foundation	BWO Boxing	No-Gi (BEG.)	Sanda (All Levels)			Kung Fu (BEG.)	Fitness Kickboxing			Boxing (BEG.)	BWO Boxing	BJJ (BEG.)	Kung Fu (BEG.)						
19:30																						
20:00																						
20:30	BWO Kickboxing		Muay Thai (INT.)							BWO Boxing				Women's Self Defense	Women's Boxing						Fitness Kickboxing	
21:00																						

gültig ab 15.04.24



chimosa

KURSPLAN