

	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			Muay Thai (All levels)	BWO Boxing	Kickboxing (All levels)	Boxing (INT.)	BWO Kickboxing	No Gi (All Levels)	Muay Thai (BEG.)	BWO Kickboxing	Muay Thai (All levels)	Boxing (INT.)	BWO Kickboxing	Boxing (INT.)	Muay Thai (BEG.)							
8:30																						
9:00																						
9:30		Boxing (All levels)	Muay Thai (BEG.)	BWO Kickboxing	Kickboxing (BEG.)	Boxing (BEG.)	BWO Boxing	Kickboxing (All levels)	Muay Thai (INT.)	BWO Boxing	Muay Thai (BEG.)	Boxing (BEG.)	BWO Boxing	Muay Thai (INT.)	Boxing (BEG.)							
10:00																						
10:30																BWO Boxing	BJJ (All Levels)	Muay Thai (BEG.)		Boxing (BEG.)	Muay Thai (BEG.)	
11:00																						
11:30		Wu Zen							Film Fight Club						Wu Zen				Martial Arts Fitness	Boxing (INT.)	Muay Thai (INT.)	
12:00																						
12:30	BWO Boxing		Kickboxing (All levels)	BWO Boxing	Muay Thai (All levels)	Fitness Kickboxing	BWO Kickboxing		Boxing (All levels)	BWO Boxing	Kung Fu (All levels)	Fitness Kickboxing	BWO Boxing		Fitness Kickboxing							
13:00																	Women's Kickboxing	Muay Thai SPARRING	MMA Old School (All Levels)	Muay Thai CLINCH	Boxing SPARRING	
13:30																						
17:00																						
17:30			Kung Fu (All levels)							Kung Fu (All levels)												
18:00				BWO Boxing		Kung Fu Trainer Ausbildung					Women's Self Defense	Kung Fu Trainer Ausbildung	Boxing (BEG.)							Kung Fu (All levels)		
18:30																						
19:00	BWO Boxing	Tai Chi	Muay Thai (BEG.)	Boxing (BEG.)	No-Gi (All levels)	Tai Chi	BWO Boxing	Muay Thai (INT.)	Fitness Kickboxing	BWO Kickboxing		Boxing (INT.)	Boxing (BEG.)	BJJ (BEG.)	Muay Thai (BEG.)							
19:30																						
20:00																						
20:30	BWO Kickboxing		Muay Thai (INT.)			Boxing (INT.)	BWO Kickboxing			Muay Thai (BEG.)	BWO Boxing		BWO Boxing							Muay Thai (All levels)		
21:00																						

gültig ab 10.11.25



chimosa

KURSPPLAN