

	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	Muay Thai (INT.)	Boxing (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		Wu Zen						Film Fight Club													
12:00														Wu Zen							
12:30	BWO Kickboxing		Fitness Boxing	BWO Boxing		Fitness Kickboxing	BWO Kickboxing		Fitness Boxing	BWO Boxing	Kung Fu (BEG.)	Fitness Kickboxing	BWO Boxing		Fitness Kickboxing						
13:00																					
13:30																					
14:00																					
14:30																					
17:00																					
17:30																					
18:00		Kung Fu (BEG.)		BWO Boxing		Kung Fu (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																					
20:30	BWO Kickboxing		Muay Thai (INT.)				Boxing (INT.)		BWO Kickboxing		Muay Thai (INT.)	Women's Self Defense			BWO Boxing				Muay Thai (INT.)		
21:00																					

gültig ab 01.04.25



chimosa

KURSPLAN