

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
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
8:00			MUAY THAI		KICK-BOXING	BOXING	BAG WORKOUT	NO GI	MUAY THAI	BAG WORKOUT	MUAY THAI	BOXING	BAG WORKOUT	BOXING	MUAY THAI
8:30			All levels		All levels	Intermediate	Kickboxing	All levels	Beginner	Kickboxing	All levels	Intermediate	Kickboxing	All levels	Beginner
9:00															
9:30			MUAY THAI		KICK-BOXING	BOXING		KICK-BOXING	MUAY THAI	BAG WORKOUT	BOXING	Muay Thai (BEG.)	BAG WORKOUT		MUAY THAI
10:00			Beginner		Beginner	Beginner		All levels	All levels	Boxing	Beginner		Boxing		Intermediate
10:30															
11:00															
11:30															
12:00		Wu Zen						Film Fight Club						Wu Zen	
12:30	BAG WORKOUT		STRENGTH CIRCUIT	BAG WORKOUT	SHAOLIN KUNG FU	MUAY THAI	BAG WORKOUT	BOXING		BAG WORKOUT	Movie Kung Fu & Acrobatics	FITNESS KICK-BOXING	BAG WORKOUT	SHAOLIN KUNG FU	FITNESS KICK-BOXING
13:00	Boxing			Kickboxing	Intermediate	All levels	Kickboxing	All levels		Boxing			Boxing	Beginner	
13:30															
14:00															
14:30															MARTIAL ARTS FITNESS
15:00															
17:30			TAI CHI						SHAOLIN KUNG FU				BAG WORKOUT		
18:00	Women's BOXING			BAG WORKOUT		Kung Fu Trainer Ausbildung	Women's KICK-BOXING		Beginner	Women's SELF DEFENSE		Kung Fu Trainer Ausbildung	Kickboxing	SANDA	
18:30		SHAOLIN KUNG FU		Kickboxing				MUAY THAI						All levels	
19:00		Intermediate	MUAY THAI	BOXING	KICK-BOXING			Intermediate					BOXING		MUAY THAI
19:30	BAG WORKOUT		Beginner	Beginner	Beginner	TAI CHI	BAG WORKOUT						Beginner	Beginner	Beginner
20:00	Boxing						Boxing								
20:30	BAG WORKOUT		MUAY THAI	KICK-BOXING		BOXING	BOXING	SANDA	MUAY THAI				BOXING	BOXING	BJJ
21:00	Kickboxing		Intermediate	Intermediate		Intermediate	All levels	All levels	Beginner	BAG WORKOUT			Intermediate	Intermediate	All levels



Samstag			Sonntag		
土 Erde	水 Wasser	金 Metall	土 Erde	水 Wasser	金 Metall
BAG WORKOUT	BJJ	MUAY THAI		BOXING	MUAY THAI
Boxing	All Levels	Beginner		Beginner	Beginner
BAG WORKOUT		MUAY THAI	BAG WORKOUT	MUAY THAI	BOXING
Kickboxing		Intermediate	Boxing	Intermediate	Intermediate
FITNESS BOXING	MUAY THAI INTRO	Women's KICK-BOXING	BAG WORKOUT	MUAY THAI SPARRING	BOXING SPARRING
			Kickboxing		



JETZT SCANNEN
gültig ab 24.08.26

KURSPLAN