

Sommerstundenplan* (gültig von 4. Juli bis 4. September 2022)

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
10:00-11:00					Crosstraining	Muay Thai Basic
11:15-12:15						Crosstraining
12:00-13:00						
13:00-14:00						
16:30-17:30						
17:00-18:00					Fitnessboxen	
18:00-19:00	Krav Maga Basic / Thaiboxen Basic	Fitnessboxen	Krav Maga / Thaiboxen Basic	Thaiboxen Basic	Crosstraining	
19:15-20:15	Crosstraining / CT Prehab	Crosstraining	Ct Prehab/ Fitnessboxen	Luta Livre		