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<b>Sommer Stundenplan*</b> (gültig ab 1. Juli 2024)						
	<b>Montag</b>	<b>Dienstag</b>	<b>Mittwoch</b>	<b>Donnerstag</b>	<b>Freitag</b>	<b>Samstag</b>
<b>10:00-11:00</b>					Crosstraining	Muay Thai Basic
<b>11:15-12:15</b>						Crosstraining
<b>12:30-13:30</b>						
<b>17:00-18:00</b>					Thaiboxen Basic	
<b>18:00-19:00</b>	Thaiboxen Basic / Crosstraining	Fitnessboxen / Thaiboxen Intermed.	Crosstraining / Thaiboxen Basic		Crosstraining	
<b>19:15-20:15</b>	· Krav Maga Basic	Crosstraining / MMA	Krav Maga / CT Prehab			

\*Änderungen vorbehalten