

Stundenplan* (gültig ab 8. September 2025)

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
10:00-11:00					Crosstraining	Thaiboxen
11:15-12:15						Crosstraining / Luta Livre
12:30-13:30						Krav Maga Teens
17:00-18:00		Krav Maga Teens			Fitnessboxen	
18:00-19:00	Thaiboxen Basic / Crosstraining	Luta Livre/ Crosstraining	Crosstraining Teens / FMA	Krav Maga	Crosstraining	
19:15-20:15	. CT Prehab/ Krav Maga Basic	Thaiboxen/	Krav Maga	Thaiboxen	Thaiboxen	
20:15-21:15	Thaiboxen Basic		Thai Basic			

*Änderungen vorbehalten