

# Trainingszeiten

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	<b>9.30 - 10.25</b> Fitnesskickboxen		<b>9.30 - 10.25</b> Fitnesskickboxen		
	<b>10.30 - 11.30</b> Muay Thai Level 1-3		<b>10.30 - 11.30</b> Muay Thai Level 1-3		<b>11.00 - 13.00</b> Freies Training & Sparring
<b>16.00 - 16.45</b> Power Kids Kinder 4-6J.	<b>16.30 - 17.15</b> Samurai Kids Kinder 7-9J.	<b>16.00 - 16.45</b> Power Kids Kinder 4-6J.	<b>16.30 - 17.15</b> Samurai Kids Kinder 7-9J.	<b>17.00 - 17.45</b> BJJ Kinder ab 6J	
<b>17.00 - 17.55</b> Fitnesskickboxen	<b>17.30 - 18.15</b> Thai Teens JgdL. 10-14J.	<b>17.00 - 17.55</b> Fitnesskickboxen	<b>17.30 - 18.15</b> Thai Teens JgdL. 10-14J.	<b>18.00 - 19.15</b> MMA Level 1&2	
<b>18.00 - 18.55</b> Athletix	18.30 - 19.30 <b>Muay Thai</b> Level 2 & 3	<b>18.00 - 18.55</b> Athletix	18.30 - 19.30 <b>Muay Thai</b> Level 2&3		
<b>19.00 - 19.55</b> Muay Thai Level 1	19.30 - 20.00 <b>Muay Thai</b> Sparring	<b>19.00 - 19.55</b> Muay Thai Level 1	19.30 - 20.00 <b>Muay Thai</b> Sparring		
<b>20.00 - 21.15</b> BJJ Level 1&2	<b>20.00 - 21.00</b> Krav Maga Alle Level	<b>20.00 - 21.15</b> MMA Level 1&2	<b>20.00 - 21.00</b> Krav Maga Alle Level		