

	Girls Only		MMA			
	Boxen		Fitness			
	Kinder		Ringen			
	Kickboxen		Jugend			

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
17:00-18:00 GirlsPower ab 13 (Halle 2)	17:00-18:00 Kinder ab 8 (Halle 2)	17:00-18:00 Jugend ab 13. (Halle 3)	17:00-18:00 Kinder 9-12 (Halle 2)	17:00-18:00 Jugend ab 13 (Halle 3)	10:30-12:00 Ringen (Halle 3)	12.15-13:00 Die kleinen Füchse 4-5 (Halle 1)
17:00-18:00 Ringen Kinder. (Halle 3)	18:00-19:00 GirlsPower ab 9 (Halle 1)	17:15-18:00 Kinder 6-8 (Halle 3)	18:00-19:00 Boxen (Halle 1)	18:00-19:00 GirlsPower ab 13 (Halle 1)	11:00-12:00. Kickboxen Frauen (Halle 2)	13:15-14:00 Kinder 6-8 (Halle 1)
18:00-19:00 Jugend ab 13. (Halle 2)	18:00-19:30 Boxen (Halle 3)	18:00-19:00 Thaiboxen (Halle 2)	18:00-19:00 Funktional Fitness für Frauen (Halle 4)	18:00-19:30 Kickboxen K1. (Halle 3)	12:00-13:00 Kinder 6-8. (Halle 3)	14:00-15:00 Kinder 9-12 (Halle 1)
18:00-19:30 Kickboxen K1 (Halle 3)	19:30-20:30 Boxen Fitness (Halle 1)	18:00-19:00 Kinder 9-12. (Halle 3)	19:00-20:00 Boxen-Fitness (Halle 1)	Kickboxen Anfänger 19:00-20:00 (Halle 2)	13:00-14:00 Kinder 9-12 (Halle 3)	16:30-18:00 Boxen (Halle 2)
19:30-21:00 MMA (Halle 3)	19:30-21:00 Ringen (Halle 2)	19:00-20:00 Kickboxen K1 (Halle 2)	19:00-20:30 Ringen (Halle 3)	19:30-20:30 Coming Soon	14:30-16:00 Wettkampftraining (Halle 4)	
Kickboxen Anfänger 19:30-20:30 (Halle 2)		20:00-21:00 Kickboxen Frauen (Halle 2)	20:00-21:00. MMA Anfänger (Halle 2)	19:30-21:00 MMA (Halle 3)		
19:30-20:30 Kickboxen-Fitness (Halle 2)		19:00-20:00 Kickboxen-Fitness (Halle 2)	20:00-21:00 Kickboxen Frauen (Halle 1)			