

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:00			09:00 – 10:00 Boxen (alle Level)				
		10:00 – 11:00 Fitnesszirkel	10:00 – 11:15 Yoga		10:00 – 11:00 Fitnesszirkel	10:00 – 11:15 Hyrox <small>1. & 3. Samstag im Monat</small>	10:30 – 12:00 Grappling
				10:30 – 11:30 Rücken Fit		12:00 – 13:30 Muay Thai (alle Level)	12:00 – 13:30 Boxen (alle Level)
						12:30 – 13:45 Hyrox <small>2. & 4. Samstag im Monat</small>	
15:00				15:15 – 16:00 Karate Kids ab 5		13:30 – 15:00 Sparring	13:30 – 15:00 Muay Thai (alle Level)
16:00	16:00 – 17:00 Kickboxen Kids 6-13	16:15 – 17:00 Karate Kids ab 8	16:00 – 16:45 Karate Kids ab 6	16:00 – 17:00 Kickboxen Kids 6-13	16:00 – 16:45 Karate Kids	15:00 – 16:30 Karate ab 12	15:00 – 17:00 Open Mat
	17:00 – 18:00 BJJ Gi / NoGi Kids 6-13	17:00 – 17:45 Karate Kids ab 10	17:00 – 17:45 Karate Kids ab 8	17:00 – 18:00 BJJ Gi / NoGi Kids 6-13	17:00 – 18:00 BJJ Gi / NoGi Kids Advanced 6-13		
	18:00 – 19:00 Karate Erwachsene	18:00 – 19:15 MMA & Sparring	18:00 – 19:15 Grappling	18:00 – 19:15 Karate	18:00 – 19:00 Kickboxen		
		19:00 – 20:15 Hyrox	19:00 – 20:15 Hyrox	18:30 – 19:45 P.A.S.E.			
	19:00 – 20:30 Boxen (alle Level)	19:15 – 20:00 Boxen Basics (Anfänger)	19:15 – 20:15 Kickboxen	19:15 – 20:00 Boxen Basics (Anfänger)	19:00 – 20:00 MMA		
		20:00 – 21:00 Boxen (Fortgeschrittene)		20:00 – 21:00 Boxen (Fortgeschrittene)			
22:00	20:30 – 22:00 Grappling	21:00 – 22:00 Muay Thai (alle Level)	20:15 – 21:15 MMA	21:00 – 22:00 Muay Thai (alle Level)	20:00 – 21:30 Grappling		

P.A.S.E.
= Performance
Athletic
Strength
Endurance

OFFICIAL
HYROX
GYM



Achtung, bitte beachten: Kurse auf dem P.A.S.E. Floor Kurse auf dem Fight Floor