

|             | Montag           | Dienstag                                                             | Mittwoch         | Donnerstag                                                           | Freitag          |
|-------------|------------------|----------------------------------------------------------------------|------------------|----------------------------------------------------------------------|------------------|
| 08:00-09:00 | Boxen            | Boxen                                                                |                  |                                                                      | Boxen            |
| 16:00-17:00 | Kinderboxen      |                                                                      | Kinderboxen      |                                                                      | Kinderboxen      |
| 17:00-18:00 | Jugend-Kickboxen | Jugend-Taekwondo                                                     | Jugend-Kickboxen | Jugend-Taekwondo                                                     | Jugend-Kickboxen |
| 18:00-19:30 | Thai-Boxen       | Bodyforming Extreme                                                  | Thai-Boxen       | Bodyforming Extreme                                                  | Thai-Boxen       |
| 19:30-20:30 | Boxen            | Fitness Area:<br>Bauch-Beine-Po<br><br>MMA Area:<br>Luta Livre / MMA | Boxen            | Fitness Area:<br>Bauch-Beine-Po<br><br>MMA Area:<br>Luta Livre / MMA | Boxen            |
| 20:30-21:30 |                  | Pratzen-Workout<br>Taekwondo                                         |                  | Pratzen-Workout<br>Taekwondo                                         |                  |