

TRAININGSPLAN

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|--|--|--|--|--|--------------------------|---|
| 17:00 Taekwondo Kids Newcomer | 16:30 Thaiboxen Newcomer (Kids) | 17:00 Taekwondo Kids Newcomer | 16:30 Thaiboxen Newcomer (Kids) | | 14:00 Sparring | 16:00 Fit-Boxing |
| 17:00 Taekwondo Kids Fortgeschrittene | 17:30 Fit-Boxen | 17:00 Taekwondo Kids Fortgeschrittene | 17:30 Fit-Boxen | 17:00 Taekwondo Kids Fortgeschrittene | | 17:00 Thaiboxen Fortgeschrittene |
| 18:00 Taekwondo ab 14 J. | 18:30 Thaiboxen Newcomer | 18:00 Taekwondo ab 14 J. | 18:30 Thaiboxen | 18:00 Taekwondo ab 14 J. | | 18:00 MMA / Grappling |
| 19:00 Thaiboxen | 19:30 MMA / Grappling | 19:00 Boxen | 19:30 MMA / Grappling | 19:00 Thaiboxen für alle | | |
| 20:00 Boxen | | | | | | |
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