

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
06:15	BOXING ALL LEVELS				BOXING ALL LEVELS		
10:00	THAIBOXING ALL LEVELS	BOXING ALL LEVELS		BOXING ALL LEVELS	THAIBOXING ALL LEVELS	THAIBOXING ALL LEVELS	BJJ ALL LEVELS THAIBOXING ALL LEVELS
10:30							
11:00	MMA ADVANCED	BJJ ALL LEVELS	MMA ADVANCED	BJJ ALL LEVELS		BOXING ALL LEVELS THAIBOXING MT JUNIORS	CROSSFIT ALL LEVELS WRESTLING ALL LEVELS BOXING ALL LEVELS GRAPPLING MT JUNIORS MMA ALL LEVELS
12:00						GRAPPLING WOMEN ONLY	
16:30	THAIBOXING MT JUNIORS	WRESTLING MT JUNIORS	BOXING MT JUNIORS	GRAPPLING MT JUNIORS	WRESTLING MT JUNIORS	BOXING MT JUNIORS	
17:00					WRESTLING ALL LEVELS	GRAPPLING SPARRING	
17:30	WRESTLING KADER	GRAPPLING WOMEN ONLY	WRESTLING KADER				
18:00	THAIBOXING ALL LEVELS BOXING WOMEN ONLY	GRAPPLING BEGINNER BOXING BEGINNER	MMA ALL LEVELS BOXING BEGINNER	GRAPPLING BEGINNER BOXING BEGINNER	MMA ALL LEVELS BOXING BEGINNER	BOXING SPARRING MMA SPARRING	THAIBOXING ALL LEVELS BJJ ALL LEVELS THAIBOXING ALL LEVELS WRESTLING MT JUNIORS
19:00	WRESTLING ALL LEVELS	CROSSFIT WOMEN ONLY	THAIBOXING ALL LEVELS	WRESTLING ALL LEVELS	THAIBOXING SPARRING	WRESTLING KADER	
19:15	BOXING ADVANCED	GRAPPLING ADVANCED	BOXING ADVANCED	BOXING ADVANCED	BOXING ADVANCED		
19:30					BJJ WOMEN ONLY		
19:45			CROSSFIT ALL LEVELS				



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Trainingsplan als PDF

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Anton-Baumgartner-Strasse 40  
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LEGENDE  
— 90' Einheit unterstrichen  
■ Women Only  
■ MT Juniors

DETAILS  
MT GYM23  
TRAININGSPLAN  
STAND: APRIL 2026

