

TRAININGSPLAN

	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)	THAIBOXING (ALL LEVELS)
						MT JUNIORS (WRESTLING)	
						<u>BJJ</u> (ALL LEVELS)	
11:00		<u>BJJ</u> (ALL LEVELS)		<u>BJJ</u> (ALL LEVELS)		BOXING (ALL LEVELS)	BOXING (ALL LEVELS)
						WRESTLING (ALL LEVELS)	<u>MMA</u> (ALL LEVELS)
						MT JUNIORS (THAIBOXING)	MT JUNIORS (GRAPPLING)
						CROSSGYM (ALL LEVELS)	
16:30	MT JUNIORS (THAIBOXING)	MT JUNIORS (BOXING)	MT JUNIORS (GRAPPLING)	MT JUNIORS (BOXING)	MT JUNIORS (BOXING)		

Montag – Donnerstag: 05:45 – 21:15 h

Freitag: 05:45 – 20:15 h

Samstag – Sonntag: 09:00 – 15:00 h

Feiertags: 09:00 – 15:00 h

Reguläre Einheitsdauer: 60min

Unterstrichene Einheiten: 90min



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TRAININGSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
17:00					WRESTLING (ALL LEVELS) GRAPPLING (SPARRING)		
18:00	<u>THAIBOXING</u> (ALL LEVELS) <u>BOXING</u> (ALL LEVELS)	<u>BOXING</u> (ALL LEVELS) <u>MMA</u> (ALL LEVELS)	<u>THAIBOXING</u> (ALL LEVELS) <u>BOXING</u> (ALL LEVELS)	<u>THAIBOXING</u> (ALL LEVELS) <u>MMA</u> (ALL LEVELS) <u>BJJ</u> (ALL LEVELS)	<u>BOXING</u> (SPARRING) <u>MMA</u> (SPARRING)		
	MT JUNIORS (WRESTLING)		MT JUNIORS (WRESTLING)				
19:00	WRESTLING (ALL LEVELS) GRAPPLING (ALL LEVELS)	THAIBOXING (ALL LEVELS)	WRESTLING (ALL LEVELS) GRAPPLING (ALL LEVELS)	THAIBOXING (SPARRING)			
19:45			CROSSGYM (ALL LEVELS)				

Montag – Donnerstag: 05:45 – 21:15 h

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Samstag – Sonntag: 09:00 – 15:00 h

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Reguläre Einheitsdauer: 60min

Unterstrichene Einheiten: 90min



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