

# 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)  BJJ (ALL LEVELS)	THAIBOXING (ALL LEVELS)
11:00		BJJ (ALL LEVELS)		BJJ (ALL LEVELS)		BOXING (ALL LEVELS)  WRESTLING (ALL LEVELS)  MT JUNIORS (THAIBOXING)  CROSSGYM (ALL LEVELS)	BOXING (ALL LEVELS)  MMA (ALL LEVELS)  MT JUNIORS (GRAPPLING)
16:30	MT JUNIORS (THAIBOXING)	MT JUNIORS (BOXING)	MT JUNIORS (GRAPPLING)	MT JUNIORS (BOXING)	MT JUNIORS (BOXING)		
17:00					WRESTLING (ALL LEVELS)  GRAPPLING (SPARRING)		

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



WWW.MTGYM23.AT

# TRAININGSPLAN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
17:30	<b><u>MT JUNIORS</u></b> (WRESTLING)		<b><u>MT JUNIORS</u></b> (WRESTLING)				
18:00	<b><u>THAIBOXING</u></b> (ALL LEVELS)  <b><u>BOXING</u></b> (ALL LEVELS)	<b><u>BOXING</u></b> (ALL LEVELS)  <b><u>MMA</u></b> (ALL LEVELS)	<b><u>THAIBOXING</u></b> (ALL LEVELS)  <b><u>BOXING</u></b> (ALL LEVELS)	<b><u>THAIBOXING</u></b> (ALL LEVELS)  <b><u>MMA</u></b> (ALL LEVELS)	<b><u>BOXING</u></b> (SPARRING)  <b><u>MMA</u></b> (SPARRING)  <b><u>MT JUNIORS</u></b> (WRESTLING)		
19:00	<b><u>WRESTLING</u></b> (ALL LEVELS)  <b><u>GRAPPLING</u></b> (ALL LEVELS)	<b><u>THAIBOXING</u></b> (ALL LEVELS)	<b><u>WRESTLING</u></b> (ALL LEVELS)  <b><u>GRAPPLING</u></b> (ALL LEVELS)	<b><u>THAIBOXING</u></b> (SPARRING)			
19:45			<b><u>CROSSGYM</u></b> (ALL LEVELS)				

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



WWW.MTGYM23.AT