

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	MMA (ALL LEVELS)	BJJ (ALL LEVELS)	MMA (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 (WRESTLING)	MT JUNIORS (BOXING)	MT JUNIORS (GRAPPLING) MT JUNIORS (WRESTLING)	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



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TRAININGSPLAN

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

Montag – Donnerstag: 05:45 – 21:15 h

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Reguläre Einheitsdauer: 60min

Unterstrichene Einheiten: 90min



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