

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

Montag – Freitag:

05:45 – 21:15 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							
18:00	THAIBOXING (ALL LEVELS) GRAPPLING (ALL LEVELS) MT JUNIORS (WRESTLING)	<u>BOXING</u> (ALL LEVELS) THAIBOXING (ALL LEVELS) <u>MMA</u> (ALL LEVELS)	<u>THAIBOXING</u> (ALL LEVELS) <u>GRAPPLING</u> (ALL LEVELS) MT JUNIORS (WRESTLING)	<u>BOXING</u> (ALL LEVELS) THAIBOXING (ALL LEVELS) <u>BJJ</u> (ALL LEVELS)	BOXING (SPARRING) <u>MMA</u> (SPARRING)		
19:00	WRESTLING (ALL LEVELS) <u>BOXING</u> (ALL LEVELS)	THAIBOXING (ADVANCED)	WRESTLING (ALL LEVELS) <u>BOXING</u> (ALL LEVELS)		WRESTLING (ALL LEVELS)		
19:45			CROSSFIT (ALL LEVELS)				

Montag – Freitag: 05:45 – 21:15 h

Samstag – Sonntag: 09:00 – 15:00 h

Feiertags: 09:00 – 15:00 h

Reguläre Einheitsdauer: 60min

Unterstrichene Einheiten: 90min



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