

TOUGH GYM



TRAININGSPLAN

STAND: 21.12.2023

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
BOXEN 9:30 - 10:45		THAIBOXEN 9:30 - 10:45		BOXEN 9:30 - 10:45	BJJ KIDS 10:00 - 10:50
					BJJ 11:00 - 12:30

BOXEN 17:00 - 18:15	BOXEN/ THAIBOXEN KIDS 7-11J 16:30 - 17:20	THAIBOXEN 17:00 - 18:15	BOXEN/ THAIBOXEN KIDS 7-11J 16:30 - 17:20	BJJ KIDS 17:00 - 17:55	
	BOXEN/ THAIBOXEN KIDS 11-14J 17:30 - 18:20		BOXEN/ THAIBOXEN KIDS 11-14J 17:30 - 18:20		
THAIBOXEN 18:30 - 19:45	BOXEN 18:30 - 19:45	BOXEN 18:30 - 19:45	THAIBOXEN 18:30 - 19:45	BJJ NO GI 18:30 - 20:00	
			BJJ NO GI 19:00 - 20:30		
MANAGER- BOXEN 20:00 - 21:15	BJJ 20:00 - 21:30	THAIBOXEN 20:00 - 21:15	BJJ NO GI 20:00 - 21:30	THAIBOXEN 20:00 - 21:15	BJJ 20:00 - 21:30
				MANAGER- BOXEN 20:00 - 21:15	
					BOXEN 20:00 - 21:15