Pugilist KURSPLAN

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09.00 - 10.00	**REHA SPORT** RÜCKEN		**REHA SPORT** RÜCKEN		
10.00 - 11.00	**REHA SPORT** RÜCKEN		**REHA SPORT** RÜCKEN		
16.00 - 16.30				**KIDS POWER** BEGINNER 12-16 J.	**KIDS POWER** BEGINNER 12-16 J.
16.30 - 17.00	**KIDS BOXEN** 06-11 J.		**KIDS BOXEN** 06-11 J.		**KIDS BOXEN** 06-11 J.
17.00 - 17.30		**PUGILIST EXPERIENCE CREW** (FORTGESCHR.)			**BREAK DANCE** BEGINNER AB 8 J.
17.30 - 18.00	**KIDS BOXEN** 12-16 J. / **SIXPACK**	**SIXPACK**	**KIDS BOXEN** 12-16 J. / **SIXPACK** / **PUGILIST WARRIOR KIDS** AB 11 J.	**SIXPACK**	**KIDS BOXEN** 12-16 J.
18.00 - 18.30	**REHA SPORT** RÜCKEN	**WOMAN FIT** / **KIDS POWER** FORTG. 12-16J. / **ATHLETIK WK-BOXER**		**WOMAN FIT** / **TECHNIK WK-BOXER**	**BREAK DANCE** FORTG. AB 8 J. / **SIXPACK**
18.30 - 19.00					
19.00 - 19.30	FITNESS **BOXEN** / **WETT-KAMPF BOXEN** / **WONDER WOMAN WORK-OUT**	FITNESS **BOXEN**	FITNESS **BOXEN** / **WETT-KAMPF BOXEN** / **WONDER WOMAN WORK-OUT**	FITNESS **BOXEN**	**WETT-KAMPF BOXEN** / **EURO TRAINING** / **WONDER WOMAN WORK-OUT**
19.30 - 20.00					
20.00 - 20.30	**REHA SPORT** RÜCKEN / **EURO TRAINING**		**EURO TRAINING** / **REHA SPORT** RÜCKEN		
20.30 - 21.00					
21.00 - 21.30					