



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																				
16.30 - 17.00	WETTK. KIDS FORTG.	KIDS BOXEN 06-11 J.							WETTK. KIDS FORTG.	KIDS BOXEN 06-11 J.			WARRIOR KIDS 08-11 J.	KIDS POWER BEGINNER 12-16 J.	WETTK. KIDS FORTG.	KIDS BOXEN 06-11 J.			KIDS POWER BEGINNER 12-16 J.	
17.00 - 17.30																				
17.30 - 18.00		KIDS BOXEN 12-16 J.	SIXPACK			NINJA WARRIOR ADULT	PUGILIST EXPERIENCE CREW (FORTGESCHR.)			KIDS BOXEN 12-16 J.	SIXPACK	WARRIOR KIDS AB 11 J.				KIDS BOXEN 12-16 J.	BREAK DANCE BEGINNER AB 8J.			
18.00 - 18.30				REHA SPORT RÜCKEN							FITNESS BOXEN		FITNESS BOXEN							
18.30 - 19.00																				
19.00 - 19.30	FITNESS BOXEN	WETT- KAMPF BOXEN	WONDER WOMAN WORK- OUT										WONDER WOMAN WORK- OUT	FITNESS BOXEN						WONDER WOMAN WORK- OUT
19.30 - 20.00																				
20.00 - 20.30			REHA SPORT RÜCKEN																	
20.30 - 21.00				EURO TRAINING																
21.00 - 21.30																				