

Pugilist GYM **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. | TEEN POWER BEGINNER 12-17 J. | WETTK. KIDS FORTG. | KIDS BOXEN 06-11 J. | | | TEEN POWER BEGINNER 12-17 J. |
| 17.00 - 17.30 | | | | | PUGILIST EXPERIENCE CREW (FORTGESCHR.) | | | | | | | | WARRIOR KIDS AB 11 J. | | | | BREAK DANCE BEGINNER AB 8J. | | | |
| 17.30 - 18.00 | | | SIXPACK | | | | | SIXPACK | | | WARRIOR KIDS AB 11 J. | | | | | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK | |
| 18.00 - 18.30 | | | KIDS BOXEN 12-17 J. | | | REHA SPORT RÜCKEN | FITNESS BOXEN | NINJA WARRIOR ADULT | KIDS POWER FORTG. 12-17J. | | | KIDS BOXEN 12-17 J. | | | FITNESS BOXEN | ATHLE- TIK WK- BOXER | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK |
| 18.30 - 19.00 | | | | | REHA SPORT RÜCKEN | FITNESS BOXEN | NINJA WARRIOR ADULT | KIDS POWER FORTG. 12-17J. | | | KIDS BOXEN 12-17 J. | | | FITNESS BOXEN | ATHLE- TIK WK- BOXER | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK | |
| 19.00 - 19.30 | FITNESS BOXEN | WETT- KAMPF BOXEN | WONDER WOMAN WORK- OUT | | | FITNESS BOXEN | NINJA WARRIOR ADULT | KIDS POWER FORTG. 12-17J. | | | KIDS BOXEN 12-17 J. | | | FITNESS BOXEN | ATHLE- TIK WK- BOXER | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK | |
| 19.30 - 20.00 | FITNESS BOXEN | WETT- KAMPF BOXEN | WONDER WOMAN WORK- OUT | | | FITNESS BOXEN | NINJA WARRIOR ADULT | KIDS POWER FORTG. 12-17J. | | | KIDS BOXEN 12-17 J. | | | FITNESS BOXEN | ATHLE- TIK WK- BOXER | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK | |
| 20.00 - 20.30 | | | REHA SPORT RÜCKEN | | | FITNESS BOXEN | NINJA WARRIOR ADULT | KIDS POWER FORTG. 12-17J. | | | KIDS BOXEN 12-17 J. | | | FITNESS BOXEN | ATHLE- TIK WK- BOXER | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK | |
| 20.30 - 21.00 | | | REHA SPORT RÜCKEN | | | FITNESS BOXEN | NINJA WARRIOR ADULT | KIDS POWER FORTG. 12-17J. | | | KIDS BOXEN 12-17 J. | | | FITNESS BOXEN | ATHLE- TIK WK- BOXER | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK | |
| 21.00 - 21.30 | | | REHA SPORT RÜCKEN | | | FITNESS BOXEN | NINJA WARRIOR ADULT | KIDS POWER FORTG. 12-17J. | | | KIDS BOXEN 12-17 J. | | | FITNESS BOXEN | ATHLE- TIK WK- BOXER | | KIDS BOXEN 12-17 J. | BREAK DANCE FORTG. AB 8J. | SIXPACK | |