



KURSPLAN

| ZEIT | MONTAG | | | | DIENSTAG | | | MITTWOCH | | | | DONNERSTAG | | | | FREITAG | | |
|---------------|----------------------|---------------------------|---------------------------------|-------------------------|--|------------------------------------|--------------------------------|----------------------|---------------------------|--------------------------------|---|--|---------------------------------------|--|--|---------------------------|--------------------------------------|---------------------------------------|
| 09.00 - 10.00 | | | | | | | | REHA SPORT RÜCKEN | | | | | | | | | | |
| 10.00 - 11.00 | REHA SPORT RÜCKEN | | | | | | | | | REHA SPORT RÜCKEN | | | | | | | | |
| 16.00 - 16.30 | | | | | | | | | | | | | | | | | | |
| 16.30 - 17.00 | | KIDS BOXEN 06-11 J. | | | | | | | KIDS BOXEN 06-11 J. | | | | KIDS POWER BEGINNER 12-16 J. | | | | | KIDS POWER BEGINNER 12-16 J. |
| 17.00 - 17.30 | | | | | | | | | | | | | | | | | BREAK DANCE BEGINNER AB 6J. | |
| 17.30 - 18.00 | | | SIXPACK | | | SIXPACK | | | | SIXPACK | PUGILIST WARRIOR KIDS AB 11 J. | | SIXPACK | | | | | |
| 18.00 - 18.30 | | KIDS BOXEN 12-16 J. | | | WONDER WOMAN BOX WORK- OUT | KIDS POWER FORTG. 12-16J. | PUGILIST EXPERIENCE CREW | | KIDS BOXEN 12-16 J. | | | WONDER WOMAN BOX WORK- OUT | ATHLETIK WK- BOXER | | | KIDS BOXEN 12-16 J. | BREAK DANCE FORTG. AB 6J. | SIXPACK |
| 18.30 - 19.00 | | | | REHA SPORT RÜCKEN | | | | | | | | | | | | | | |
| 19.00 - 19.30 | | | WONDER WOMAN WORK- OUT | | | | POWER ZIRKEL | | | PUGILIST OUTDOOR WORKOUT | WONDER WOMAN WORK- OUT | | | | | | | WONDER WOMAN WORK- OUT |
| 19.30 - 20.00 | FITNESS BOXEN | WETT- KAMPF BOXEN | | | FITNESS BOXEN | | | FITNESS BOXEN | WETT- KAMPF BOXEN | | | FITNESS BOXEN | | | | WETT- KAMPF BOXEN | EURO TRAINING | |
| 20.00 - 20.30 | | | | | | | | | | | REHA SPORT RÜCKEN | | | | | | | |
| 20.30 - 21.00 | | | | EURO TRAINING | | | | | | EURO TRAINING | | | | | | | | |
| 21.00 - 21.30 | | | | | | | | | | | | | | | | | | |