

# FIGHT-ACADEMY

## MONTAG

<b>10:00 - 12:00</b>
Freies Training
<b>17:00 - 18:00</b>
Kids Training 1
<b>18:00 - 19:00</b>
Frauen-Fitnessboxen   Kids Training 2
<b>19:15 - 20:30</b>
Olympisches Boxen   Coming soon
<b>20:30 - 21:30</b>
Fitnessboxen

## DIENSTAG

<b>10:00 - 11:00</b>
Fitnessboxen
<b>11:00 - 12:00</b>
Freies Training
<b>18:00 - 19:00</b>
Fitnessboxen im Activity
<b>18:30 - 19:30</b>
Kids Kickboxen
<b>19:45 - 21:15</b>   <b>19:00 - 20:30</b>
Kickboxen für Alle   Progressive Defence
<b>21:15 - 22:00</b>
Freies Training

## MITTWOCH

<b>10:00 - 12:00</b>
Freies Training
<b>17:00 - 18:00</b>
Jugend Training
<b>18:00 - 19:00</b>
Fitnessboxen
<b>19:00 - 20:00</b>
Step & Box   Box Kondi
<b>20:00 - 21:15</b>
Fitboxen Fort-geschrittene   Spinning

## DONNERSTAG

<b>10:00 - 12:00</b>
Freies Training
<b>18:00</b>   <b>18:00 - 19:00</b>
Technik   Kids Training
<b>18:30 - 19:30</b>
Fitnessboxen
<b>19:45 - 21:15</b>
Kickboxen Fortgeschrittene
<b>21:15 - 22:00</b>
Freies Training

## FREITAG

<b>10:00 - 11:00</b>
Fitnessboxen
<b>11:00 - 12:00</b>
Freies Training
<b>17:30 - 18:30</b>
Thaiboxen
<b>19:15 - 20:30</b>
Olympisches Boxen

## SAMSTAG

<b>09:00 - 10:00</b>
Krav Maga
<b>10:00 - 12:00</b>
Freies Training
<b>SONNTAG</b>
<b>9:45 - 11:00</b>
Crossbox
<b>11:00 - 12:00</b>
Fitnessboxen
<b>12:00 - 13:00</b>
Freies Training
<b>Fitnessboxen</b>
<b>Kick-/ Thaiboxen</b>
<b>Kids Boxen</b>
<b>Olympisches Boxen</b>