

# 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
<b>20:30 - 21:30</b>
Fitnessboxen

## DIENSTAG

<b>10:00 - 11:00</b>
Fitnessboxen
<b>11:00 - 12:00</b>
Freies Training
<b>17:00 - 18:15</b>
Freies Training
<b>18:30 - 19:30</b>
Kids Kickboxen
<b>19:45 - 21:15</b>
Kickboxen für Alle
<b>21:00 - 22:00</b>
Freies Training

## MITTWOCH

<b>10:00 - 12:00</b>
Freies Training
<b>17:00 - 18:00</b>
Freies Training
<b>18:15 - 19:00</b>
Box Kondi
<b>19:00 - 20:00</b>
Freies Training
<b>20:30 - 21:30</b>
Fitnessboxen Fortgeschrittene

## DONNERSTAG

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

## FREITAG

<b>10:00 - 11:00</b>
Fitnessboxen
<b>11:00 - 12:00</b>
Freies Training
<b>17:30 - 19:00</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>10:00 - 11:00</b>
Crossbox
<b>11:00 - 12:00</b>
Fitnessboxen
<b>12:00 - 13:00</b>
Freies Training
Fitnessboxen
Kick-/ Thaiboxen
Kids Boxen
Olympisches Boxen

## SONNTAG