AI GENERATED

WOCHENPLAN BOXING AREA

HB BOXING STUDIO

MONTAG

09:00 – 14:00
Personal Training

15:00 – 16:30
Profi boxen

17:00 – 18:00
Kinderboxen
Löwengruppe

18:00 – 19:00
Fitnessboxen
Lightweight Speed

19:00 – 20:30
Olympic Boxing
Fortgeschrittene – Gruppe B

20:30 – 22:00
Olympic Boxing
Fortgeschrittene – Gruppe A

DIENSTAG

09:00 – 14:00
Personal Training

15:00 – 16:30
Profi boxen

17:00 – 18:00
Kinderboxen
Tigergruppe

18:00 – 19:00
Fitnessboxen
Ladies Class

19:00 – 20:30
Olympic Boxing
Einsteiger

MITTWOCH

09:00 – 14:00
Personal Training

17:00 – 18:00
Kinderboxen
Löwengruppe

18:00 – 19:00
Fitnessboxen
Lightweight Speed

19:00 – 20:30
Olympic Boxing
Fortgeschrittene – Gruppe B

20:30 – 22:00
Olympic Boxing
Fortgeschrittene – Gruppe A

DONNERSTAG

09:00 – 14:00
Personal Training

15:00 – 16:30
Profi boxen

17:00 – 18:00
Kinderboxen
Tigergruppe

18:00 – 19:00
Fitnessboxen
Heavyweight Power

19:00 – 20:30
Olympic Boxing
Einsteiger

FREITAG

09:00 – 14:00
Personal Training

15:00 – 16:30
Profi boxen

17:00 – 18:00
Fitnessboxen
Lightweight Speed

18:00 – 19:30
Olympic Boxing
Einsteiger
Kraft & Kondition

19:30 – 21:00
Olympic Boxing
Fortgeschrittene
Kraft & Kondition

SAMSTAG

09:00 – 10:30
Personal Training

10:00 – 11:00
Kinderboxen
Tigergruppe
Kursraum 2

11:00 – 12:00
Kinderboxen
Löwengruppe
Kursraum 2

11:30 – 12:30
Fitnessboxen
Heavyweight Power

12:30 – 13:30
Sparring Olympic Boxing
Einsteiger

13:30 – 14:30
Sparring Olympic Boxing
Fortgeschrittene

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