

WOCHENPLAN BOXING AREA

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
PERSONAL TRAINING 07:00 - 9:00	PERSONAL TRAINING 07:00 - 09:00	PERSONAL TRAINING 07:00 - 09:00	PERSONAL TRAINING 07:00 - 09:00	PERSONAL TRAINING 07:00 - 09:00	PERSONAL TRAINING 07:00 - 09:00
PROFI BOXEN 9:00 - 10:30	PROFI BOXEN 9:00 - 10:30	PROFI BOXEN 9:00 - 10:30	PROFI BOXEN 9:00 - 10:30	PROFI BOXEN 9:00 - 10:30	PROFI BOXEN 9:00 - 10:30
PERSONAL TRAINING 10:30 - 14:00	PERSONAL TRAINING 10:30 - 14:00	PERSONAL TRAINING 10:30 - 14:00	PERSONAL TRAINING 10:30 - 14:00	PERSONAL TRAINING 10:30 - 14:00	KINDER BOXEN 10:30 - 11:30
PROFI BOXEN 15:00 - 16:30	PROFI BOXEN 15:00 - 16:30	PROFI BOXEN 15:00 - 16:30	PROFI BOXEN 15:00 - 16:30	PROFI BOXEN 15:00 - 16:30	FITNESS BOXEN HEAVYWEIGHT POWER 11:30 - 12:30
KINDER BOXEN 17:00 - 18:00	FIRMEN-FIT 17:00 - 18:00	KINDER BOXEN 17:00 - 18:00	FIRMEN-FIT 17:00 - 18:00	FITNESS BOXEN LIGHTWEIGHT SPEED 17:00 - 18:00	OLYMPIC BOXING ALL LEVELS 12:30 - 14:00
FITNESS BOXEN LIGHTWEIGHT SPEED 18:00 - 19:00	FITNESS BOXEN HEAVYWEIGHT POWER 18:00 - 19:00	FITNESS BOXEN LIGHTWEIGHT SPEED 18:00 - 19:00	FITNESS BOXEN HEAVYWEIGHT POWER 18:00 - 19:00	OLYMPIC BOXING EINSTEIGER 18:00 - 19:30	
OLYMPIC BOXING FORTGESCHRITTEN 19:00 - 20:30	OLYMPIC BOXING EINSTEIGER 19:00 - 20:30	OLYMPIC BOXING FORTGESCHRITTEN 19:00 - 20:30	OLYMPIC BOXING EINSTEIGER 19:00 - 20:30	OLYMPIC BOXING FORTGESCHRITTEN 19:30 - 21:00	
	PT-GRUPPE 20:30 - 21:30		PT-GRUPPE 20:30 - 21:30		