

TOUGH GYM



TRAININGSPLAN

STAND: 6.5.2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
BOXEN 9:30 - 10:45		THAIBOXEN 9:30 - 10:45		BOXEN 9:30 - 10:45
	BOXEN/ THAIBOXEN KIDS 7-11J 16:30 - 17:20			BOXEN/ THAIBOXEN KIDS 7-11J 16:30 - 17:20
BOXEN 17:00 - 18:15	BOXEN/ THAIBOXEN KIDS 11-14J 17:30 - 18:20	THAIBOXEN 17:00 - 18:15	BJJ KIDS 17:30 - 18:20	BJJ KIDS 17:00 - 17:55
	BJJ KIDS 17:30 - 18:20			BOXEN/ THAIBOXEN KIDS 11-14J 17:30 - 18:20
THAIBOXEN 18:30 - 19:45	BOXEN 18:30 - 19:45	BOXEN 18:30 - 19:45	THAIBOXEN 18:30 - 19:45	THAIBOXEN 18:30 - 19:45
BJJ NO GI 19:30 - 21:00				BJJ NO GI 19:30 - 21:00
MANAGER- BOXEN 20:00 - 21:15	THAIBOXEN 20:00 - 21:15	THAIBOXEN 20:00 - 21:15	BJJ 20:00 - 21:30	MANAGERBOXEN 20:00 - 21:15
				BOXEN 20:00 - 21:15