

TRAININGSPLAN SOMMERFEST



BOX GYM

TURNIER

09:30 - 12:30

FREIES TRAINING

13:00 - 20:00

DOJO

TURNIERE

09:30 - 16:00

FREIES TRAINING

16:00 - 20:00

OUTDOOR

BOXEN

11:15 - 12:15 / Roman

FUNCTIONAL TRAINING & KICKBOX DRILLS

12:30 - 13:30 / Roman

SLINGTRAINING

14:00 - 15:00 / Dorothee

STUDIO

FREIES TRAINING

09:00 - 10:00

FITNESS-KICKBOXEN

10:00 - 11:00 / Gustavo

FITNESS-BOXEN

11:00 - 12:00 / Gustavo

FREIES TRAINING

12:00 - 13:00

ERNÄHRUNGSSEMINAR FÜR KINDER

13:00 - 14:00 / Nico Airone

FREIES TRAINING

14:00 - 20:00

WERKSHALLE

FREIES TRAINING

09:00 - 11:30

FUNCTIONAL TRAINING

Core
11:30 - 12:30 / Dorothee

HYROX PFT

13:00 - 16:00 / Andreas

FREIES TRAINING

16:00 - 20:00

CAGE

FREIES TRAINING

09:00 - 12:15

KICKBOXEN TECHNIK & SPARRING

12:15 - 13:30 / Gustavo **F**

FITNESS-KICKBOXEN

13:30 - 14:30 / Roman

EINSTEIGER- BOXEN/KICKBOXEN

Nur mit Gutschein
14:30 - 15:30 / Roman **★**

FREIES TRAINING

15:30 - 20:00

BLOCK A

BUDOTURNEN

3-4 Jahre
09:30 - 10:15

FREIES TRAINING

10:15 - 10:30

BJJ SEMINAR

10:30 - 12:00 / André

FREIES TRAINING

14:30 - 20:00