

BODYSHOCK KURSPLAN

Stand: März 2021

	MO		DI			MI	DO		FR		SO					
8.00-9.00																
9.00-10.25	Muay Thai					Muay Thai			Muay Thai SPARRING							
11.00-13.00											CQB	PT				
17.00-18.00	Kids Capoeira	Eltern-Training	Kids Capoeira	Eltern-Training			Kids Capoeira	Eltern-training								
18.00-18.25	Muay Thai TEENS		Muay Thai BASICS			Muay Thai FITNESS	Muay Thai Boran		Muay Thai	Fitness mit Tom						
18.35-19.00																
19.00-19.25		Angkan Felices Kaliradman							Muay Thai SPARRING							
19.35-20.00	Muay Thai FIGHTERS	Fitness mit Tom	Muay Thai ADVANCED	Angkan Felices Kaliradman	Fitness mit Tom	Offenes Training	Angkan Felices Kaliradman	Fitness mit Tom								
20.00-20.25															Stretching	Offenes Training
20.35-21.00																
21.00-21.25																
21.35-22.00																