

BOXING | SPORTS | DEFENSE

RUMBLE CLUB

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				Fitnesskickboxen 09:00 - 10:00	SEMINARE	SEMINARE
					WETTKÄMPFE / SEMINARE	WETTKÄMPFE
Bjj Kids II 8-12 J. 16:00 - 17:00	Bjj Kids I 4-7 J. 16:00 - 17:00	Krav Maga Kids II 8-12 J. 16:00 - 17:00	Krav Maga Kids I 4-7 J. 16:00 - 17:00	Bjj Kids II 8-12 J. 16:00 - 17:00	TEAMEVENTS	TEAMEVENTS
Bjj Teens Gi 12-16 J. 17:00 - 18:00	Krav Maga Teens 12-16 J. 17:00 - 18:00	Bjj Teens NoGi 12-16 J. 17:00 - 18:00	Krav Maga Teens 12-16 J. 17:00 - 18:00	Bjj Teens Gi 12-16 J. 17:00 - 18:00	OPEN GYM	OPEN GYM
Fitnesskickboxen 18:00 - 19:00	Bjj Gi 18:00 - 19:00	Bjj NoGi 18:00 - 19:00	Krav Maga 18:00 - 19:00	Bjj NoGi 18:00 - 19:00	NACH ABSPRACHE	NACH ABSPRACHE
Muay Thai 19:00 - 20:00	Fitnesskickboxen 19:00 - 20:00	Fitnessboxen 19:00 - 20:00	Muay Thai 19:00 - 20:00	Mobility Yoga 19:30 - 20:30	Krav Maga 19:00 - 20:00	
Krav Maga 20:00 - 21:00	MMA Basics 20:00 - 21:00		Bjj Gi 20:00 - 21:00			