



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
09:30 - 10:30	09:30 - 10:30	09:30 - 10:30	09:30 - 10:30	09:30 - 11:00	10:00 - 11:00
Kickboxen BOOST Mika + USC	Boxen BOOST Luis + USC	Kickboxen TECHNIK 1-2 Patrick + USC	Boxen TECHNIK 1 Luis + USC	Thaiboxen TECHNIK 1+2 Alina 90 Min. + USC	Boxen BOOST 2
17:15 - 18:15	17:15 - 18:15	17:15 - 18:15	17:15 - 18:15	17:15 - 18:15	11:15 - 12:45
YOUNGSTER (7-10) Susann	YOUNGSTER (15-18) Susann	YOUNGSTER (11-14) Patrick	YOUNGSTER (7-10) Maurice	Boxen TECHNIK 1 Dennis	Competition Training ALLE 90 Min.
YOUNGSTER (11-14) George	Kickboxen BOOST Robert	Thaiboxen BOOST Mika	Boxen BOOST Murat	freies Training (Anmeldung max. 5)	
18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	
Boxen TECHNIK 1 Susann (Probe)	Thaiboxen TECHNIK 1 Susann 90 Min.	Kickboxen TECHNIK 1- 2 Alina	Boxen TECHNIK 1-2 Murat	Kickboxen TECHNIK 2 Dennis	freies Training (Anmeldung max. 5)
Thaiboxen TECHNIK 1 George	Boxen TECHNIK 1 Robert	Kickboxen (Probe) MIKA	Kickboxen TECHNIK 1 Denise	Boxen TECHNIK 2 Tala	USC = ZUGANG FÜR URBAN SPORTS CLUB
freies Training (Anmeldung max. 5)	freies Training (Anmeldung max. 5)	freies Training (Anmeldung max. 5)	YOUNGSTER (15-18) Maurice		
19:45 - 21:15	19:45 - 21:15	19:45 - 20.45	19:45 - 21:15		
PRATZE BOOST Boxen / Kick / Thai Alina	Boxen TECHNIK 2 Robert	Thaiboxen 1 (Probe) + USC Mika 60 Min.	Kickboxen TECHNIK 2 Denise		

Stand 01.08.2022