



**KINGDOM
OF SPORTS**
FITNESS • FUNCTIONAL TRAINING • KAMPFSPORT

KURSPLANDELMENHORST

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

08.00 - 09.00

FREIES TRAINING

09.00 - 10.00

FREIES TRAINING

10.00 - 11.00

FREIES TRAINING

11.00 - 12.00

FREIES TRAINING

15.00 - 16.00

FREIES TRAINING

16.00 - 17.00

16.30 - 17.45 UHR
KINDERKICKBOXEN

16.30 - 17.45 UHR
KINDERKICKBOXEN

FREIES TRAINING

17.00 - 18.00

FREIES TRAINING

18.00 - 19.00

18.00 - 19.00 UHR
K1/KICKBOXEN

18.00 - 19.30 UHR
BOXEN

18.00 - 19.00 UHR
MMA
KURSRAUM

FREIES TRAINING

19.00 - 20.00

19.00 - 20.00 UHR
EMOM
EVERY MINUTE ON THE MINUTE
KURSRAUM

19.00 - 20.00 UHR
EMOM
EVERY MINUTE ON THE MINUTE
KURSRAUM

19.30 - 20.30 UHR
K1/KICKBOXEN

FREIES TRAINING

20.00 - 21.00

FREIES TRAINING