



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

KAMPFSPORT - TRAININGSZEITEN

DELMENHORST

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

FUKTIONAL
AREA

FUKTIONAL
AREA

FUKTIONAL
AREA

FUKTIONAL
AREA

FUKTIONAL
AREA

15.00 - 16.00

FREIES TRAINING

16.00 - 17.00

16.30 - 17.30 UHR
KIDS
KICKBOXEN

16.30 - 17.30 UHR
JUDO
KIDS

16.30 - 17.30 UHR
KIDS
KICKBOXEN

16.30 - 17.30 UHR
JUDO
KIDS

FREIES TRAINING

17.00 - 18.00

17.30 - 18.30 UHR
LADIES
KICKBOXEN

FREIES TRAINING

18.00 - 19.00

18.30 - 19.30 UHR
K1/KICKBOXEN

18.30 - 20.00 UHR
BOXEN
EINSTEIGER/ FORTG.

18.30 - 20.00 UHR
K1/KICKBOXEN

18.30 - 20.00 UHR
BOXEN
EINSTEIGER/ FORTG.

FREIES TRAINING

19.00 - 20.00

19.00 - 20.00 UHR
EMOM
EVERY MINUTE ON THE MINUTE
FUNCTIONAL AREA

19.00 - 20.00 UHR
EMOM
EVERY MINUTE ON THE MINUTE
FUNCTIONAL AREA

FREIES TRAINING

20.00 - 21.00

FREIES TRAINING