

KURSPLAN KLUB

Stand 01.11.2021 • Letzter Check In 21:00 Uhr

**SPORT KLUB
SÜD**

WANN?	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG & SONNTAG				
WO?	MATTE	CROSS	MATTE	CROSS	MATTE	CROSS	MATTE	CROSS	MATTE	CROSS	ALL				
08:00 - 09:00	OPENGYM	QUICK & DIRTY • A	OPENGYM			QUICK & DIRTY • A	OPENGYM		OPENGYM						
09:00 - 10:00	BJJ				NOGI				BJJ	09:30 ATHLETIC TRAINING		OPENGYM			
10:00 - 11:00	OPENGYM				OPENGYM	OPENGYM			OPENGYM	OPENGYM				OPENGYM	OPENGYM
11:00 - 12:00															
12:00 - 13:00															
13:00 - 14:00															
14:00 - 15:00															
15:00 - 16:00															
16:00 - 17:00		BJJ YOUTH							12:00 - 16:00 OPEN MAT & GYM VORERST NUR NACH ANMELDUNG						
17:00 - 18:00	BOXEN YOUTH		BJJ FLINTA*	OPENGYM YOUTH	MOBILITY			MOBILITY		CALISTHENICS TRAINING					
18:00 - 19:00	BJJ	ATHLETIC TRAINING	NOGI		BOXEN ADVANCED	FUNCTIONAL TRAINING	17:45 BJJ FLINTA*	17:30 FUNCTIONAL BODYBUILDING	NOGI	OPENGYM					
19:00 - 20:00	BJJ SPARRING	19:15-20:15 HYROX • A	NOGI SPARRING	QUICK & DIRTY • A	WRESTLING	QUICK & DIRTY • A	KHMER FITNESS BOXEN		BJJ SPARRING						
20:00 - 21:00	BOXEN BASIC		KHMER FITNESS BOXEN		NOGI SPARRING		BJJ								
21:00 - 22:00	OPENGYM		OPENGYM		OPENGYM		OPENGYM		OPENGYM						

A = QUICK&DIRTY UND HYROX MIT ANMELDUNG