

TRAININGS- / KURSPLAN (Stand 09.01.2026)

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	Sonntag
											FLEXDAY
										KICKOFF¹ 10:00 - 11:30	FLEXDAY
				KRÜMEL 15:30 - 16:30						SPARRING 12:00 - 14:00	FLEXDAY
TURTLES 17:00 - 18:00	KICKBOXEN KIDS I+II 17:00-18:00	KICKBOXEN KIDS I 17:00 - 18:00		TURTLES 17:00 - 18:00		KICKBOXEN KIDS I 17:00 - 18:00		ESCRIMA (Basics) 17:00 - 18:00	TURTLES 17:00 - 18:00		FLEXDAY
TAE BO 18:30 - 19:30	KICKBOXEN TEENS 18:30-19:30	ESCRIMA 18:45 - 19:45	KICKBOXEN KIDS II 18:30-19:30	TAE BO 18:30 - 19:30 YOGA 19:35 - 20:15	KICKBOXEN TEENS 18:30-19:30	KICKOFF¹ 18:30-19:30	KICKBOXEN KIDS II 18:30-19:30	REHA 18:30-19:45	MUAY THAI 18:30-19:45		FLEXDAY
KICKBOXEN 20:00-21:30		ESCRIMA 20:00 - 21:30	KICKBOXEN 20:00-21:30	MUAY THAI 20:00 - 21:30		KICKBOXEN 20:00 - 21:30		ESCRIMA 20:00 - 21:30			FLEXDAY

Krümel 3-4 Jahre
 Turtles 5-6 Jahre
 Kickboxen Kids I 7-9 Jahre
 Kickboxen Kids II 10-13 Jahre
 Kickboxen Teens 14-17 Jahre

Zirkel, Escrima, Thaiboxing
 Powermaxx 14 Jahre+

¹ KICKOFF - Ladies only