

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
Boxen / Kickboxen Early 8:00 - 09:00	Youngster-Boxen 15:30 - 16:30 Kinder Gruppe II	Boxen / Kickboxen Early 08:00 - 09:00	Youngster-BJJ 14:30 - 15:30 Kinder	Ringen und Raufen 15:15 - 16:00 Kinder	Legacy Power-Up 11:15 - 12:15 Kraft - Ausdauer
Youngster-BJJ 15:00 - 16:00 Kinder	Youngster-Kickboxen 16:30 - 17:30 Kinder	Legacy Power-Up 9:15 - 10:15 Kraft - Ausdauer	Youngster-Boxen 15:30 - 16:30 Kinder Gruppe II	Youngster-Boxen 16:00 - 17:00 Kinder Gruppe I	Brazilian Jiu-Jitsu 12:15 - 13:45
Ringen und Raufen 16:00 - 16:45 Kinder	Fitness-Kickboxen 17:30 - 18:30 Frauen	Youngster-BJJ 16:00 - 17:00 Kinder	Youngster-Kickboxen 16:30 - 17:30 Kinder	Fitness-Kickboxen 17:00 - 18:00 Frauen	Kickboxen 13:45 - 15:00 K-1
Youngster-Boxen 16:45 - 17:45 Kinder Gruppe I	Muay Thai I 18:30 - 19:45	Allkampf 17:00 - 18:15 MMA	Brazilian Jiu-Jitsu 17:30 - 18:45	Legacy-HIIT 18:00 - 19:00 High Intensity Intervall Training	Boxen II 15:00 - 16:15
Allkampf 17:45 - 19:00 MMA	Muay Thai II Boxen III 19:45 - 20:55	Kickboxen 18:15 - 19:30 K-1	Muay Thai I 18:45 - 20:00	Boxen I 19:00 - 20:00	Legacy Basics 16:15 - 17:00 Neueinsteiger
Boxen I 19:00 - 20:00		Boxen II 19:30 - 20:45	Muay Thai II Boxen III 20:00 - 21:30 Sparring		
Legacy-HIIT 20:00 - 21:00 High Intensity Intervall Training		Business Boxen 20:45 - 21:45			
Business Boxen 21:00 - 22:00					