



■ All Levels ab 14 J. (Anfänger / Fortgeschrittene / Wettkämpfer) ■ Fortgeschritten / Wettkämpfer

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG		SAMSTAG	SONNTAG
60 min. 17:00–18:00	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	90 min. 11:00–12:30	K1 / MUAY THAI ALL LEVELS	
90 min. 18:00–19:30	K1 / MUAY THAI FORTG./WETTK.	K1 / MUAY THAI FORTG./WETTK.	K1 / MUAY THAI FORTG./WETTK.	K1 / MUAY THAI FORTG./WETTK.	K1 / MUAY THAI ALL LEVELS	90 min. 12:30–14:00	SPARRING ALL LEVELS	
60 min. 19:30–20:30	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS		90 min. 13:30–15:00		
60 min. 20:30–21:30	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS	K1 / MUAY THAI ALL LEVELS		90 min. 15:00–16:30		K1 / MUAY THAI ALL LEVELS