NICKS FIGHT FITNESS ACADEMY

KAMPFSPORT

KURSPLAN

www.NICKS-FIGHT-FITNESS.com

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8.00am 9.00am	FIGHTER FITNESS 08.00 – 09.00	Personal Training	Personal Training	Personal Training	Personal Training		
9.00am 10.00am	Personal Training	KISS Babys in Bewegung	KISS Mama und Kind aktiv	Personal Training	Personal Training	BOXEN 08.30 – 10.00	BOXEN Fortgeschr. 09.00 – 11.00
11.00am 12.00pm	KISS Kindersport	KISS Babys in Bewegung	KISS Senioren	Personal Training	KISS Senioren	BOXEN Anfänger 10.00 – 11.00	BOXING KIDS 11.00 – 13.00
16.45pm 17.45pm	KISS Kindersport	KRAV MAGA TEENS 16.45 – 17.45	KISS Kindersport	KISS Kindersport	KICKBOXING KIDS 16.45 – 17.45	SPARRING 11.00 – 13.00	
17.45pm 18.45pm	KRAV MAGA KIDS 17.45 – 18.45	FITNESS KICKBOXING 17.45 – 18.45	KICKBOXING LADYS 17.45 – 18.45	BOXEN 17.45 – 19.15 / MMA Erzberger Str. 2 17.30	KICKBOXING 17.45 – 18.45	BOXEN Wetkämpfer 16.00 – 18.00	
18.45pm 19.45pm	KICKBOXING 18.45 – 19.45	JIU JITSU For Selfdefense & MMA 18.45 – 20.00	SANDA Chinese Kickboxing 18.45 – 19.45	SUBMISSION WRESTLING Luta Livre 19.15 – 20.15 / KICK-BOXING Erzberger Str. 2 18.30	KRAV MAGA 18.45 – 20.15		
19.45pm 20.30pm	YOGA & PILATES 19.45 – 20.30	WING CHUN 20.00 – 21.00	FIGHTER FITNESS 19.45 – 20.30				

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