

Zeiten	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00 - 10:30							
10:30 - 11:00							
11:00 - 11:30							(Fitness-) Boxen
11:30 - 12:00							
12:00 - 12:30						Yoga	
12:30 - 13:00							
13:00 - 13:30							
13:30 - 14:00							Andyconda Luta Livre
14:00 - 14:30							
14:30 - 15:00							
15:30 - 16:00							
16:30 - 17:00							
17:00 - 17:30							
17:30 - 18:00							
18:00 - 18:30		Luta Livre Kids			ACDS Kids		
18:30 - 19:00			Andyconda Luta Livre		ACDS (Ambo Combat & Defense System)		
19:00 - 19:30						MMA Takedowns	
19:30 - 20:00		ACDS-Urban Krav Maga		Ambo-Fit Zirkel			
20:00 - 20:30				Boxen			
20:30 - 21:00							
21:00 - 21:30							
21:30 - 22:00							