ATIS KURSPLAN

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM
08:30 09:30		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym
09:00 09:30	Bodystyling 09:00 - 09:45								Bodystyling 09:00 - 09:45					
09:30 10:00														
10:00 10:30	SMR 10:00 - 10:30		FitPlus 10:00 - 11:00			TRX 30 10:00 - 10:30	RückenFit 10:00 - 10:30		BJJ Frauen 10:00 - 11:00		Eltern Kind Turnen 10:15 - 11:00			
10:30 11:00						CardioFirst 10:30 - 11:00							Pilates & Faszien Training 10:30 - 12:00	
11:00 11:30											BJJ 11:00 - 12:30	Hyrox 11:00 - 12:00		
11:30 12:00														
12:00 12:30														
12:30 15:30														
15:30 16:00									Eltern Kind Turnen 15:30 - 16:15	Teen Spirit Open Gym 15:30 - 17:30		Teen Spirit Open Gym 15:30 - 17:30		
16:00 16:30	Little Tigers 16:15 - 17:00		Ninja Kids I 16:15 - 17:00		Little Tigers 16:15 - 17:00		Ninja Kids I 16:15 - 17:00							
16:30 17:00		Teen Spirit G1 16:30 - 17:30		Teen Spirit G2 16:30 - 17:30		Teen Spirit G1 16:30 - 17:30		Teen Spirit G2 16:30 - 17:30	Flying Ninja 16:30 - 17:30					
17:00 17:30	Little Dragons 17:00 - 18:00		Ninja Kids II 17:00 - 18:00		Little Dragons 17:00 - 18:00		Ninja Kids II 17:00 - 18:00							
17:30 18:00									RückenFit 17:30 - 18:00					
18:00 18:30			Yoga 18:00 - 19:00				Kenpo Self Defense Teens 18:00 - 19:00		Yoga 18:00 - 19:30					
18:30 19:00														
19:00 19:30	Boxing Workout 19:00 - 20:00	TRX 30 19:00 - 19:30	BJJ 19:00 - 20:30	Kettlebell 101 19:00 - 20:00	Boxing Workout 19:00 - 20:00	TRX 30 19:00 - 19:30	Escrima 19:00 - 20:00	Kettlebell 101 19:00 - 20:00		TRX 30 19:00 - 19:30				
19:30 20:00														
20:00 20:30	Kung - Fu 20:00 - 21:30	CardioFirst 20:00 - 21:00		Hyrox 20:00 - 21:00	Pilates 20:00 - 21:00	CardioFirst 20:00 - 21:00	Kenpo Self Defense II 20:00 - 21:30	Hyrox 20:00 - 21:00		CardioFirst 20:00 - 21:00				
20:30 21:00			Kenpo Self Defense I 20:30 - 21:30											
21:00 21:30		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		
21:30 22:00														