

## ATIS KURSPLAN

		Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
		DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM
07:00	07:30	Club öffnet um 08:30		Early Bird Pilates 07:00 - 08:00	Club öffnet um 08:30	Club öffnet um 08:30		Early Bird Yoga 07:00 - 08:30	Club öffnet um 08:30	Club öffnet um 08:30		Club öffnet um 10:00			
07:30	08:00														
08:00	08:30														
08:30	09:30	Open Gym	Open Gym	Beach Core 09:00 - 10:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
09:00	09:30														
09:30	10:00														
10:00	10:30	SMR 11:00 - 11:30	Fit + 10:00 - 11:00	TRX 30 11:00 - 11:30	TRX 30 10:00 - 10:30	SMR 11:00 - 11:30	TRX 30 10:30 - 11:00	TRX + 10:00 - 10:30	TRX 30 11:00 - 11:30	BJJ Frauen 10:00 - 11:00	BJJ Frauen 10:00 - 11:00	BJJ Frauen 10:00 - 11:00	BJJ Frauen 10:00 - 11:00	Pilates & Faszien Training 10:30 - 12:00	Open Gym
10:30	11:00														
11:00	11:30														
11:30	12:00	3 H	3 H	3 H	3 H	3 H	3 H	3 H	3 H	3 H	3 H	3 H	3 H	3 H	3 H
12:00	12:30														
12:30	15:30														
15:30	16:00	Little Lions 15:30 - 16:15	Teen Spirit 16:30 - 17:30	Ninja Kids I 16:15 - 17:00	Teen Spirit 16:30 - 17:30	Little Lions 15:30 - 16:15	Tigers 16:15 - 17:00	Teen Spirit 16:30 - 17:30	Ninja Kids I 16:15 - 17:00	Teen Spirit 16:30 - 17:30	Flying Ninja 15:30 - 16:30	Open Gym	Open Gym	Open Gym	Open Gym
16:00	16:30														
16:30	17:00														
17:00	17:30	Dragons 17:00 - 18:00	Yoga 18:00 - 19:00	Ninja Kids II 17:00 - 18:00	Teen Spirit 16:30 - 17:30	Dragons 17:00 - 18:00	Teen Spirit 16:30 - 17:30	Kids Kick 'n Punch 17:00 - 18:00	Teen Spirit 16:30 - 17:30	Boxing Workout 18:00 - 19:00	Yoga 18:00 - 19:30	Open Gym	Open Gym	Open Gym	Open Gym
17:30	18:00														
18:00	18:30														
18:30	19:00	Bodystyling 18:00 - 18:45	TRX 30 19:00 - 19:30	BJJ mixed 19:00 - 20:00	Kettlebell 101 19:00 - 20:00	Kickboxing 19:00 - 20:00	TRX 30 19:00 - 19:30	Escrima 19:00 - 20:00	Kettlebell 101 19:00 - 20:00	Boxing Workout 18:00 - 19:00	Yoga 18:00 - 19:30	Open Gym	Open Gym	Open Gym	Open Gym
19:00	19:30														
19:30	20:00														
20:00	20:30	Boxing Workout 19:00 - 20:00	CardioFirst 20:00 - 21:00	Kenpo Self Defense I 20:00 - 21:30	Open Gym	Pilates 20:00 - 21:00	CardioFirst 20:00 - 21:00	Kenpo Self Defense II 20:00 - 21:30	Open Gym	Kung - Fu 20:30 - 22:00	Yoga 18:00 - 19:30	Open Gym	Open Gym	Open Gym	Open Gym
20:30	21:00														
21:00	21:30														
21:30	22:00	Kung - Fu 20:00 - 21:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Kung - Fu 20:30 - 22:00	Yoga 18:00 - 19:30	Open Gym	Open Gym	Open Gym	Open Gym
20:00	20:30														
20:30	21:00														
21:00	21:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Kung - Fu 20:30 - 22:00	Yoga 18:00 - 19:30	Open Gym	Open Gym	Open Gym	Open Gym
21:30	22:00														
22:00															
Club schliesst um 18:00															