

## ATIS KURSPLAN

Uhrzeiten		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		Club öffnet um 08:30		Club öffnet um 08:30		Club öffnet um 08:30		Club öffnet um 08:30		Club öffnet um 09:30			
07:30	08:00														
08:00	08:30														
08:30	09:30														
09:00	09:30	Open Gym		Core 45 9:00 - 9:45	Open Gym		Open Gym		Open Gym		Open Gym				
09:30	10:00														
10:00	10:30		TRX 30 10:00 - 10:30	Fit + 10:00 - 11:00			TRX 30 10:00 - 10:30		TRX + 10:00 - 10:30	Basic Pilates 10:00 - 11:00				Pilates 10:00 - 11:00	
10:30	11:00														
11:00	11:30	SMR 11:00 - 11:30			TRX 30 11:00 - 11:30	SMR 11:00 - 11:30			TRX 30 11:00 - 11:30	SMR 11:00 - 11:30				Core 45 11:15 - 12:00	
11:30	12:00											BJJ mixed 11:00 - 12:30			
12:00	12:30														
12:30	13:00														
13:00	13:30														
13:30	14:00														
14:00	14:30														
14:30	15:00														
15:00	15:30	Little Lions 15:15 - 16:00		Ninja Kids I 15:15 - 16:00		Little Lions 15:15 - 16:00									
15:30	16:00														
16:00	16:30	Tigers 16:15 - 17:00		Ninja Kids II 16:15 - 17:00		Tigers 16:15 - 17:00				Tigers 16:15 - 17:00					
16:30	17:00		Teen Spirit 16:30 - 17:00				Teen Spirit 16:30 - 17:00					Teen Spirit 16:30 - 17:00			
17:00	17:30			Dragons 17:00 - 18:00						Dragons 17:00 - 18:00					
17:30	18:00														
18:00	18:30			Yoga 18:00 - 19:00						Yoga 18:00 - 19:30					
18:30	19:00														
19:00	19:30	Kickboxen 19:00 - 20:00	TRX 30 19:00 - 19:30	BJJ mixed 19:00 - 20:00	Kettlebell 101 19:00 - 20:00	Boxen 19:00 - 20:00	TRX 30 19:00 - 19:30	Kickboxen 19:00 - 20:00	Kettlebell 101 19:00 - 20:00		TRX 30 19:00 - 19:30				
19:30	20:00									Boxen 19:30 - 20:30	Hyrox 19:30 - 20:30				
20:00	20:30	Kung - Fu 20:00 - 21:30	Hour of Power 20:00 - 20:30	ATIS Hybrid Kenpo 20:00 - 21:30	Cardio 20:00 - 20:30	Pilates 20:00 - 21:00	Hour of Power 20:00 - 21:00	Kenpo Self Defense 20:00 - 21:30	Cardio 20:00 - 20:30						
20:30	21:00														
21:00	21:30		Open Gym		Open Gym		Open Gym		Open Gym	Kung - Fu 20:30 - 22:00					
21:30	22:00														

Club schliesst um 18:00