

ATIS KURSPLAN

Uhrzeiten		Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag		
		DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	DOJO	GYM	
08:00	08:30	Club öffnet um 9:00 Uhr		Club öffnet um 9:00 Uhr		Club öffnet um 9:00 Uhr		Club öffnet um 9:00 Uhr		Club öffnet um 9:00 Uhr		Club öffnet um 10:00 Uhr				
08:30	09:00															
09:00	09:30															
09:30	10:00															
10:00	10:30			Fit + 10:00 - 11:00			Yoga 9:30 - 11:00	TRX 30 10:00 - 10:30			TRX 30 10:00 - 10:30					
10:30	11:00									SMR 10:30 - 11:00			SMR 10:30 - 11:00			Pilates 10:00 - 11:00
11:00	11:30													Yoga 11:00 - 12:00		
11:30	12:00															
12:00	12:30											BJJ mixed 11:30 - 13:00				
12:30	13:00															
13:00	13:30															
13:30	14:00															
14:00	14:30															
14:30	15:00															
15:00	15:30															
15:30	16:00	Little Lions 15:30 - 16:15									Ninja Kids I 15:15 - 16:00					
16:00	16:30															
16:30	17:00	Tigers 16:30 - 17:15	Kenpo Tigers 16:15 - 17:00				Tigers 16:30 - 17:15		Kenpo Tigers 16:15 - 17:00		Ninja Kids II 16:15 - 17:00					
17:00	17:30	Teen Spirit 17:00 - 17:30						Teen Spirit 17:00 - 17:30				Teen Spirit 17:00 - 17:30				
17:30	18:00	Dragons 17:30 - 18:15	Kenpo Dragons 17:15 - 18:00				Dragons 17:30 - 18:15		Kenpo Dragons 17:15 - 18:00		BJJ Open Mat 17:15-18:15					
18:00	18:30			Teen Spirit SV 18:00 - 18:45				Teen Spirit SV 18:00 - 18:45								
18:30	19:00	TRX 30 18:30 - 19:00						TRX 30 18:30 - 19:00				Pilates 18:30 - 19:30		TRX 30 18:30 - 19:00		
19:00	19:30	Kickboxen 19:00 - 20:00	Yoga 19:00 - 20:00		Kettlebell 101 19:00 - 20:00	Olympic Boxing 19:00 - 20:00		Kickboxen 19:00 - 20:00	Kettlebell 101 19:00 - 20:00							
19:30	20:00															
20:00	20:30	Power Circuit 20:00 - 20:30		ATIS Hybrid Kenpo SV 20:00 - 21:30				Power Circuit 20:00 - 20:30								
20:30	21:00	Kung - Fu 20:00 - 21:30				BJJ mixed 20:00 - 21:30		ATIS Hybrid Kenpo SV 20:00 - 21:30								
21:00	21:30															
21:30	22:00															

Club schliesst um 18:00 Uhr

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STAND 22.03.24