

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						NEU! Hyrox mobility										
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							Pilates 10:00 - 11:00	
10:30	11:00						SMR 10:30 - 11:00		SMR 10:30 - 11:00								
11:00	11:30				TRX 30 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				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						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	Pilates 18:30-19:30							
19:30	20:00																
20:00	20:30		Power Circuit 20:00 - 20:30				Power Circuit 20:00 - 20:30										
20:30	21:00	Kung - Fu 20:00 - 21:30		ATIS Hybrid Kenpo SV 20:00 - 21:30	Wieder dal Hyrox	BJJ mixed 20:00 - 21:30		ATIS Hybrid Kenpo SV 20:00 - 21:30	Wieder dal Hyrox								
21:00	21:30																
21:30	22:00																

Club schließt um 22:00 Uhr

Club schliesst um 18:00 Uhr

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STAND 26.07.24