

## ATIS KURSPLAN (ab 6. Januar 2025)

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						Mobility & Boxing									
09:30	10:00					Yoga 9:30 - 11:00										
10:00	10:30			Fit + 10:00 - 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											BJJ mixed 11:30 - 13:00				
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															
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 16:30 - 17:15		Tigers 16:30 - 17:15		Kenpo Tigers 16:30 - 17:15			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 17:30 - 18:15		Dragons 17:30 - 18:15		Kenpo Dragons 17:30 - 18:15			BJJ Open Mat 17:15-18:15					
18:00	18:30															
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	Hyrox	Yoga 19:00 - 20:00	Kettlebell 101 19:00 - 20:00	Olympic Boxing 19:00 - 20:00	Hyrox	Kickboxen 19:00 - 20:00	Kettlebell 101 19:00 - 20:00							
19:30	20:00															
20:00	20:30	Kung - Fu 20:00 - 21:30	Power Circuit 20:00 - 20:30	ATIS Hybrid Kenpo SV 20:00 - 21:30			Power Circuit 20:00 - 20:30	ATIS Hybrid Kenpo SV 20:00 - 21:30								
20:30	21:00						BJJ mixed 20:00 - 21:30									
21:00	21:30															
21:30	22:00															

Club schliesst um 22:00 Uhr

Club schliesst um 18:00 Uhr

**ATIS Sports Club**  
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STAND 10.12.24