

ATIS KURSPLAN (ab 1. April 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														
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														
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		Tigers Kick & Punch 16:30 - 17:15		Tigers 16:30 - 17:15		Tigers Kick & Punch 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		Dragons Kick & Punch 17:30 - 18:15		Dragons 17:30 - 18:15		Dragons Kick & Punch 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		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		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

ATIS Sports Club
 Grünstr. 18
 40667 Meerbusch
 02132 5811110
 strong@atis-club.de

STAND 10.12.24

Club schliesst um 22:00 Uhr