

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						Mobility & Boxing								
10:30	11:00				Fit + 10:00 - 11:00		TRX 30 10:00 - 10:30		Fit + 10:00 - 11:00					Pilates 10:00 - 11:00	
11:00	11:30	Reha 11:00 - 12:00			TRX 30 11:00 - 11:30			Reha 11:00 - 12:00	TRX 30 11:00 - 11:30					Yoga 11:00 - 12:00	
11:30	12:00														
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	FitParent 16:30-17:30	Kids Kick & Punch 16:30 - 17:30		Tigers 16:30 - 17:15	FitParent 16:30-17:30	Kids Kick & Punch 16:30 - 17:30		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			Teen Spirit 17:00 - 17:30	
17:30	18:00	Dragons 17:30 - 18:15		Teens Kick & Punch 17:45 - 18:45		Dragons 17:30 - 18:15		Teens Kick & Punch 17:45 - 18:45							
18:00	18:30														
18:30	19:00		TRX 30 18:30 - 19:00		CardioFirst 18:30 - 19:00		TRX 30 18:30 - 19:00		CardioFirst 18:30 - 19:00	Pilates 18:30-19:30	TRX 30 18:30 - 19:00	Club schliesst um 18:00 Uhr ATIS Sports Club Grünstr. 18 40667 Meerbusch 02132 5811110 strong@atis-club.de STAND 01.10.25			
19:00	19:30	Kickboxen 19:00 - 20:00	Hyrox	Yoga 19:00 - 20:00	Kettlebell 101 19:00 - 20:00	Kickboxen Kontakt-Sparring 19:00 - 20:00	Hyrox	Kickboxen 19:00 - 20:00	Kettlebell 101 19:00 - 20:00		Hyrox				
19:30	20:00														
20:00	20:30	BJJ mixed 20:00 - 21:30	SMR 20:00 - 20:30	ATIS Hybrid Kenpo SV 20:00 - 21:30	SMR 20:00 - 20:30	BJJ mixed 20:00 - 21:30	SMR 20:00 - 20:30	ATIS Hybrid Kenpo SV 20:00 - 21:30	SMR 20:00 - 20:30						
20:30	21:00														
21:00	21:30														
21:30	22:00														
Club schliesst um 22:00 Uhr															