ATIS KURSPLAN (ab 01. Oktober 2026)

Uhrzeiten	Montag DOJO	Montag GYM	Dienstag DOJO	Dienstag GYM	Mittwoch DOJO	Mittwoch GYM	Donnerstag DOJO	Donnerstag GYM	Freitag DOJO	Freitag GYM	Samstag DOJO	Samstag GYM	Sonntag DOJO	Sonntag GYM	Uhrzeiten
09:00 – 09:30						Mobility & Boxing 9:00 - 10:00									09:00 – 09:30
09:30 – 10:00									Bodyfit 50+ 09:30 - 10:30						09:30 – 10:00
10:00 – 10:30	Rückenfit 10:00 - 10:45			Medical Fit 10:00 - 11:00		Medical Fit 10:00 - 11:00		Medical Fit 10:00 - 11:00			Fitmix 10:15 - 11:15		Pilates 10:00 - 11:00		10:00 – 10:30
10:30 – 11:00															10:30 – 11:00
11:00 – 11:30	Reha* 11:00 - 12:00			TRX 30 11:00 - 11:30				TRX 30 11:00 - 11:30			Rückenfit 11:15 - 12:00		Yoga 11:00 - 12:00		11:00 – 11:30
11:30 – 12:00															11:30 – 12:00
12:00 – 12:30											Bachata 12:00 - 13:00				12:00 – 12:30
12:30 – 13:00															12:30 – 13:00
13:00 – 13:30												REVIEW 13:00 - 14:00			13:00 – 13:30
13:30 – 14:00															13:30 – 14:00
14:00 – 14:30															14:00 – 14:30
14:30 – 15:00															14:30 – 15:00
15:00 – 15:30									Ninja Kids I 15:15 - 16:00						15:00 – 15:30
15:30 – 16:00	Little Lions 15:30 - 16:15				Little Lions 15:30 - 16:15										15:30 – 16:00
16:00 – 16:30									Ninja Kids II 16:15 - 17:00						16:00 – 16:30
16:30 – 17:00	Tigers 16:30 - 17:15		Kids Kick & Punch 16:30 - 17:30		Tigers 16:30 - 17:15		Kids Kick & Punch 16:30 - 17:30								16:30 – 17:00
17:00 – 17:30		Teen Spirit 17:00 - 17:30				Teen Spirit 17:00 - 17:30				Teen Spirit 17:00 - 17:30					17:00 – 17:30
17:30 – 18:00	Dragons 17:30 - 18:15			Bodyfit 17:30 - 18:30	Dragons 17:30 - 18:15				Yoga 17:30 - 18:30						17:30 – 18:00
18:00 – 18:30			Teens Kick & Punch 17:45 - 18:45				Teens Kick & Punch 17:45 - 18:45				Club schließt um 18:00 Uhr				18:00 – 18:30
18:30 – 19:00		TRX 30 18:30 - 19:00		Cardio First 18:30 - 19:00		TRX 30 18:30 - 19:00		Cardio First 18:30 - 19:00	Pilates 18:30-19:30	TRX 30 18:30 - 19:00					18:30 – 19:00
19:00 – 19:30	Kickboxen 19:00 - 20:00	Hybrid Circuit 19:15 - 19:45	Kickboxen 19:00-20:00	Kettlebell 101 19:00 - 20:00	Pilates 19:00 - 20:00	REVIEW 19:00 - 20:00	Kickboxen 19:00 - 20:00	Kettlebell 101 19:00 - 20:00		REVIEW 19:00 - 20:00					19:00 – 19:30
19:30 – 20:00															19:30 – 20:00
20:00 – 20:30		SMR 20:00 - 20:30		SMR 20:00 - 20:30		SMR 20:00 - 20:30		SMR 20:00 - 20:30							20:00 – 20:30
20:30 – 21:00	BJJ mixed 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								20:30 – 21:00
21:00 – 21:30															21:00 – 21:30
21:30 – 22:00															21:30 – 22:00

Club schließt um 22:00 Uhr

Stand Oktober 2026

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* Teilnahme an den Rehasportkursen für Orthopädie und Onkologie nach ärztlicher Verschreibung. Platzreservierung über 02132-5811110