

CORE

FIGHTING SYSTEM

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07.00 - 08.00	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training
17.30 - 18.30	Functional Fitness	Personal Training	Functional Fitness	Personal Training	
18.30 - 19.30	Krav Maga	Muay Thai Basic 1	Krav Maga	Muay Thai Basic 1	
19.30 - 20.30	Muay Thai Basic 2 / Advanced	Luta Livre Basic	Muay Thai Basic 2 / Advanced	Luta Livre Basic	
20.30 - 21.30	Luta Livre Advanced	Personal Training	Luta Livre Advanced	MMA Advanced	