

Kursplan

Kursplan ab 08.01.2018

Ansprechpartner: Klaus Kirsch

Ettishoferstr. 10 (im GWZ/ Roboworker Gebäude) | 88250 Weingarten

Fitness Corner 1
Fitness Corner 2
Fighting Corner



KravMaga & TōsōX Center
Ravensburg // Weingarten
www.kmt-center.de

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00		09:00 - 10:00 Pilates			09:00 - 10:00 Zumba® Fitness		09:00
09:30							09:30
10:00						10:00 - 11:00 HIIT / Tabata	10:00
10:30							10:30
11:00	11:00 - 12:00 Power Dumbell®		11:00 - 12:00 Funktionales Training			11:00 - 12:00 IFAA TōsōX	11:00
11:30							11:30
12:00							12:00
12:30							12:30
17:00							17:00
17:15	17:15 - 17:45 Zumba® Kids	17:00 - 18:00 Krav Maga Defcon® Junior Class**	17:00 - 18:00 Pilates	17:00 - 18:00 Krav Maga Drill (auf Nachfrage)	17:00 - 18:00 Power Dumbell®	17:00 - 18:00 Power Dumbell®	17:15
17:30							17:30
17:45							17:45
18:00	18:00 - 19:00 Zumba® Fitness	18:15 - 19:15 IFAA TōsōX	18:00 - 19:00 Step Aerobic	18:00 - 19:30 Krav Maga Defcon®	18:00 - 19:00 Kangoo Jump	17:45 - 19:00 Filipinischer Stockkampf	18:00
18:15		18:15 - 19:15 Panantukan	18:00 - 19:30 DO-IT Box Fitness	18:00 - 19:30 Krav Maga Defcon®	18:15 - 19:15 XBT® Speed / XBT® Hip Hop	17:45 - 18:45 WT***	18:15
18:30			18:30 - 19:30 WT***				18:30
18:45							18:45
19:00	19:15 - 20:15 Kangoo Jump	19:30 - 20:30 Bodyworkout	19:15 - 20:15 Aroha	19:30 - 20:30 Kickboxen (für Frau und Mann)	19:15 - 20:15 Body & Mind Mix	18:15 - 19:30 Kraft-Ausdauer- Zirkel	19:00
19:15		19:30 - 20:30 Grappling / MMA / Free Fighting		19:30 - 20:30 Zumba® Fitness	19:30 - 20:30 IFAA TōsōX	19:00 - 20:30 Boxen (für Frau und Mann)	19:15
19:30						19:00 - 20:30 Krav Maga Defcon®	19:30
19:45							19:45
20:00							20:00
20:15				19:45 - 21:15 Grappling			20:15
20:30							20:30
20:45					20:30 - 21:30 DO-IT Formel		20:45
21:00							21:00
21:15							21:15
21:30							21:30
21:45							21:45

* SV = Selbstverteidigung ** Junior Class = 6-9 Jahre *** Extern