

# Kursplan Viersen (Stand: April 2012)



<b>Montag Raum 1</b>	<b>Dienstag Raum 1</b>	<b>Mittwoch Raum 1</b>	<b>Donnerstag Raum 1</b>	<b>Freitag Raum 1</b>	<b>Samstag Raum 1</b>
				Hatha Yoga <b>11.00 - 12.00</b>	Boot Camp <b>11.00 - 12.00</b>
	Kids Kickboxen (6-9 J.) <b>17.00 - 18.00</b>		Kids Kickboxen (6-9 J.) <b>17.00 - 18.00</b>		
K1 Kick- & Thaiboxen Jugend <b>17.15 - 18.15</b>		K1 Kick- & Thaiboxen Jugend <b>17.15 - 18.15</b>			
	K1 Kick- & Thaiboxen <b>18.15 - 19.15</b>	K1 Kick- & Thaiboxen <b>18.30 - 19.30</b>			
K1 Kick- & Thaiboxen <b>19.20 - 20.20</b>	Krav Maga <b>19.20 - 20.20</b>	Fit Fight <b>19.30 - 20.30</b>	Krav Maga <b>19.20 - 20.20</b>		
K1 Kick- & Thaiboxen <b>20.30 - 21.30</b>		Wettkampftraining/Sparring <b>20.00 - 21.30</b>	K1 Kick- & Thaiboxen <b>20.30 - 21.30</b>		
<b>Montag Raum 2</b>	<b>Dienstag Raum 2</b>	<b>Mittwoch Raum 2</b>	<b>Donnerstag Raum 2</b>	<b>Freitag Raum 2</b>	<b>Samstag Raum 2</b>
	Lil' Dragon Kids <b>16.15 - 17.00</b>		Lil' Dragon Kids <b>16.15 - 17.00</b>		
	Kids Kickboxen (10-13 J.) <b>18.00 - 19.00</b>	Karate <b>17.00 - 18.30</b>	Kids Kickboxen (10-13 J.) <b>18.00 - 19.00</b>	Karate <b>17.00 - 19.00</b>	
MMA <b>19.20 - 20.20</b>			MMA <b>19.20 - 20.20</b>		
Teutonic Lifting <b>20.30 - 21.15</b>		K1 Kick- & Thaiboxen <b>20.30 - 21.30</b>	Teutonic Lifting <b>20.30 - 21.15</b>		

[www.Fit-Fight-Club.de](http://www.Fit-Fight-Club.de)