

# DABIG Z GYM SOLOTHURN

# TRAININGSPLAN

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15						TOSO X	
11:30						FRAUEN KICK und BOX	
14:00			KINDER KICKBOXEN (Anti-Mobbing)				
17:00	JUGEND KICKBOXEN	KINDER KARATE ANFANGER	CROSS – FUNCTIONAL FIGHTERS / 9 ROUNDERS		KARATE KINDER ANFANGER		
17:30				JUGEND KARATE			
18:00		KARATE ERWACHSENE			KARATE ERWACHSENE		
18:15 / 18:30		CROSS – FUNCTIONAL FIGHTERS / 9 ROUNDERS			TOSO X		
19:00		KRAV MAGA		TOSO X	KRAV MAGA		
19:30					FRAUEN KICK und BOX		
20:00	MIXED MARTIAL ARTS STRIKING		MIXED MARTIAL ARTS				