

KURSPLAN SPORTS ISLAND

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
							Fit-Mix 11:00-12:00
						BJJ 14:00-15:00	
		Karate Kids KCRN* 17:30-18:30	Fit-Mix 18:00-19:00	Deep Work 18:00-19:00	Karate Kids KCRN* 17:30-18:30		
MMA 19:00-20:00	Karate Adult KCRN* 18:30-20:00	Body&Shine Workout 19:15-20:30	Boxen 19:00-20:00	Karate Adult KCRN* 18:30-20:00			
Late-Workout 21:30-22:30	Thai-Boxen 20:00-21:00						

*externer Kurs