

STUNDENPLAN



Boxschmiede GmbH; Neubaugasse 31/9; A-1070 Wien

MO	DI	MI	DO	FR	SA
09:00 - 09:45 Speed Boxen	09:00 - 10:00 Thaiboxen/K1	09:00 - 09:45 Speed Boxen	09:00 - 10:00 Thaiboxen/K1	09:00 - 10:00 Boxen	10:00 - 11:00 Boxen
10:00 - 11:00 Boxen	10:00 - 10:45 Speed Boxen	10:00 - 11:00 Boxen	10:00 - 10:45 Speed Boxen	10:00 - 11:00 Boxen	11:00 - 12:00 Boxen Advanced
10:30 - 11:45 BJJ	11:00 - 11:45 Speed Boxen	10:30 - 11:45 BJJ	11:00 - 11:45 Speed Boxen	10:30 - 11:45 BJJ	11:00 - 12:00 BJJ
11:00 - 12:00 Boxen	16:00 - 17:00 Kinderboxen	11:00 - 12:00 Boxen	16:00 - 17:00 Kinderboxen	11:00 - 12:00 Boxen	12:00 - 13:00 Thaiboxen/K1
16:30 - 18:00 Thaiboxen/K1	17:00 - 17:45 Frauenboxen	15:00 - 16:00 Ringen	17:00 - 17:45 Frauenboxen	16:30 - 18:00 Thaiboxen/K1	
18:00 - 19:00 Boxen	17:00 - 18:00 Boxen	16:30 - 18:00 Thaiboxen/K1	17:00 - 18:00 Boxen	18:00 - 18:45 Speed Boxen	
19:00 - 20:00 Boxen	18:00 - 19:00 Boxen	18:00 - 19:00 Boxen	18:00 - 19:00 Boxen	18:45 - 20:00 BJJ	
19:00 - 20:15 BJJ	19:00 - 20:30 Boxen Advanced	19:00 - 20:00 Boxen	19:00 - 20:30 Boxen Advanced		
	19:00 - 20:15 BJJ - NO GI	19:00 - 20:15 BJJ	19:00 - 20:15 BJJ - NO GI		