

# Corona Kursplan

Corona Kursplan ab 22.06.2020

Ansprechpartner: Klaus Kirsch

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

- Fitness Corner 1
- Fitness Corner 2
- Fighting Corner



Kampfsport & Fitness Kurse  
Ravensburg // Weingarten  
www.kmt-center.de

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00							09:00
09:30		09:00 - 09:45 Pilates					09:30
10:00		10:00 - 10:45 Pilates					10:00
10:30							10:30
11:00	11:00 - 12:00 Power Dumbell®						11:00
11:30							11:30
12:00							12:00
12:30							12:30
16:00							16:00
16:15		16:00 - 16:45 Krav Maga Defcon® <sup>2</sup> Junior Class		16:00 - 16:45 Kickboxen Junior Class			16:15
16:30					16:00 - 16:45 Krav Maga Junior Class		16:30
16:45							16:45
17:00							17:00
17:15	17:15 - 17:45 Fit Dance for Kids	17:00 - 17:45 Krav Maga Defcon® <sup>2</sup> Junior Class	17:15 - 17:45 Low Impact Tabata (20-Minuten)	17:00 - 17:45 Pilates	17:15 - 17:45 Trampoline Fitness Kids	17:00 - 17:45 Kickboxen Junior Class	17:15
17:30			17:00 - 18:00 Yoga	17:00 - 17:45 Power Dumbell®			17:30
17:45						17:00 - 18:00 Power Dumbell®	17:45
18:00							18:00
18:15	18:00 - 18:45 Zumba® Fitness						18:15
18:30	18:15 - 19:00 IFAA TōsōX (Surprise - Hip Hop/ Drilling/...)	18:00 - 18:45 Step Aerobic		18:00 - 18:45 Pilates	18:00 - 19:00 DO-IT Formel	18:00 - 19:30 Krav Maga Defcon® <sup>2</sup>	18:30
18:45		18:00 - 19:15 DO-IT Box Fitness		18:00 - 18:45 Power Dumbell®	17:45 - 18:45 Boxen Kids <sup>4</sup>		18:45
19:00						18:15 - 19:15 Low Impact Jumping Fitness	19:00
19:15							19:15
19:30							19:30
19:45	19:30 - 20:30 Bodyworkout						19:45
20:00		19:30 - 20:30 Grappling / MMA/ Free Fighting					20:00
20:15							20:15
20:30							20:30
20:45							20:45
21:00							21:00
21:15							21:15
21:30							21:30
21:45							21:45

1) Fit Dance for Kids = 7-14 Jahre  
5) Extern

2) SV = Selbstverteidigung  
6) Zumba, Pilates, DAYO (Dance Yoga)

3) Junior Class = 4-7 Jahre  
7) nur für Fortgeschrittene

4) Junior Class = 8-14 Jahre