

Sommerferien Kursplan

Sommerferien Kursplan ab 03.08.2020 - 13.09.2020

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 | | | | | | | 09:30 |
| 10:00 | | | | | | | 10:00 |
| 10:30 | | | | | | 10:00 - 11:00 HIIT/ Tabata | 09:00 - 10:30 Boxen (für Frau und Mann) |
| 11:00 | | | | | | | 11:00 |
| 11:30 | | | | | | | 11:30 |
| 12:00 | | | | | | | 12:00 |
| 12:30 | | | | | | | 12:30 |
| 16:00 | | | | | | | 16:00 |
| 16:15 | | | | | | | 16:15 |
| 16:30 | | | | | | | 16:30 |
| 16:45 | | | | | | | 16:45 |
| 17:00 | | | | | | | 17:00 |
| 17:15 | | 17:15 - 17:45 Tabata (30-Minuten) | 17:00 - 18:00 Yoga (nur am 04.08, danach Pause) | 17:00 - 17:45 Pilates | 17:00 - 18:00 Power Dumbell® | 17:00 - 18:00 Power Dumbell® | 17:15 |
| 17:30 | | | | | | | 17:30 |
| 17:45 | | | | | | | 17:45 |
| 18:00 | 18:00 - 18:45 Zumba® Fitness | | | | | | 18:00 |
| 18:15 | | 18:15 - 19:15 IFAA TösöX Fight Workout | | | | | 18:15 |
| 18:30 | | 18:00 - 19:15 Panantukan / Filipinischer Stockkampf | 18:00 - 18:45 Step Aerobic | 18:00 - 19:15 DO-IT Box Fitness | 18:00 - 18:45 Pilates | 18:00 - 19:00 DO-IT Formel (alle 2 Wochen) | 18:30 |
| 18:45 | | | | | | 18:00 - 19:30 Krav Maga Defcon ² | 18:45 |
| 19:00 | 18:45 - 19:30 Zumba® Fitness | | | | | | 19:00 |
| 19:15 | | | 19:00 - 20:00 Low Impact Jumping Fitness | | | 18:15 - 19:15 FAA 3D Rückenkonzept (alle 2 Wochen) | 19:15 |
| 19:30 | | | | | | | 19:30 |
| 19:45 | 19:30 - 20:30 Bodyworkout | | | | 19:00 - 20:30 Boxen (für Frau und Mann) | | 19:45 |
| 20:00 | | 19:30 - 21:00 Grappling / MMA/ Free Fighting | 19:30 - 20:30 IFAA TösöX Fight Workout | | | 19:00 - 20:30 Krav Maga Defcon ² | 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