

TRAININGSPLAN

Stand: Jan 2025

MONTAG

18:15 – 19:15 MMA

19:30 – 20:15 Strength Conditional

DIENSTAG

16:00 – 17:00 Kids (5 – 8 Jahren)

17:00 – 18:00 Jugend (9 – 14 Jahren)

18:15 – 20:15 Muay Thai (K1)

MITTWOCH

17:00 – 18:00 Kids Wrestling

18:15 – 19:15 MMA

19:30 – 20:30 Boxen

20:30 – 21:30 Ladiesboxen

DONNERSTAG

18:15 – 19:00 Muay Thai (K1)

19:15 – 20:30 Luta Livre

FREITAG

18:15 – 19:00 Boxen

19:15 – 20:30 Boxen

SAMSTAG

11:00 – 14:00 Open Matt & Sauna

SONNTAG

11:00 – 12:00 Ladiesboxen



MOUNTAIN FIGHTERS ACADEMY

