

Personaltraining Boxen | Fitness nach Vereinbarung!

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	09:00 - 10:00 Pilates & Relax			09:00 - 10:30 Yoga <small>Helga Watzlawik Yoga Ratisbona</small>		
	09:30 - 10:30 Boxen					
					10:00 - 10:45 Yoga	
16:30 - 18:00 Yoga						
17:00 - 18:00 Boxen	17:00 - 18:00 Boxen	17:00 - 18:00 Boxen	17:30 - 18:30 Thaiboxen für Kinder <small>Alban Ahmeti Scorpion Gym</small>	17:00 - 18:00 Boxen		
18:00 - 19:00 HIIT Workout		18:00 - 18:45 Bodyworkout		17:45 - 19:15 Yoga <small>Helga Watzlawik Yoga Ratisbona</small>	17:00 - 18:00 Power Dumble	
18:00 - 19:00 Boxen	18:30 - 19:30 Boxen	18:00 - 19:00 Boxen	18:30 - 19:30 Sparring Thaiboxen	18:00 - 19:00 Boxen		
19:00 - 19:30 Bauch X-Press		18:45 - 19:30 Rückenfit	19:00 - 20:00 Power Dumble	19:30 - 20:30 Thaiboxen <small>Alban Ahmeti Scorpion Gym</small>		
19:00 - 20:00 Zirkeltraining	19:30 - 20:30 Thaiboxen <small>Alban Ahmeti Scorpion Gym</small>	19:15 - 20:15 Thaiboxen für Frauen <small>Alban Ahmeti Scorpion Gym</small>	19:00 - 20:00 Thaiboxen <small>Alban Ahmeti Scorpion Gym</small>	19:30 - 20:30 Krav Maga Concept <small>Sven Hoffmann Defense Instructors</small>		
19:45 - 20:45 Krav Maga Concept <small>Sven Hoffmann Defense Instructors</small>		19:45 - 21:15 Yoga <small>Helga Watzlawik Yoga Ratisbona</small>				