

### Personaltraining Boxen | Fitness nach Vereinbarung!

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