

STUNDENPLAN – BOXACADEMYBERN

SM SASCHA – HAUPTTRAINER
 AN ALLY – HAUPTTRAINER / PERSONAL COACHING
 NS NICOLAS – TRAINER / PERSONAL COACHING

SI SAVAS – BOX-/FITNESSTRAINER
 JM JONAS – BOX-/FITNESSTRAINER
 SA SIBYLLE – FITNESSTRAINERIN

MR MARC – BOX-/FITNESSTRAINER

AB 1. MAI 2017

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
09:00		09:00 - 10:00 BOXTRAINING BOXER			09:00 - 10:00 BOXTRAINING BOXER	
09:30						
10:00	10:15 - 11:15 BOXTRAINING FITNESSBOXEN	10:15 - 11:15 BOXTRAINING FITNESSBOXEN	10:15 - 11:15 BOXTRAINING FITNESSBOXEN	10:15 - 11:15 BOXTRAINING FITNESSBOXEN	10:15 - 11:15 BOXTRAINING FITNESSBOXEN	10:00 - 11:15 BOXTRAINING SCHLAGSCHULE/POWERBOXEN
10:30						
11:00						
11:30						
12:00	12:15 - 13:15 BOXTRAINING BOXER	12:15 - 13:15 BOXTRAINING BOXER	12:15 - 13:15 BOXTRAINING BOXER	12:15 - 13:15 BOXTRAINING BOXER	12:15 - 13:15 BOXTRAINING BOXER	
12:30						
13:00	PAUSE	PAUSE	PAUSE	PAUSE	PAUSE	
13:30						
14:00			14:00 - 15:00 KIDSTRAINING 01 6-12 JAHRE			
14:30						
15:00						
15:30						
16:00						
16:30	16:30 - 17:30 BOXTRAINING JUGENDLICHE – UNI/GIBB	16:30 - 17:30 BOXTRAINING JUGENDLICHE – UNI/GIBB	16:30 - 17:30 BOXTRAINING JUGENDLICHE – UNI/GIBB	16:30 - 17:30 BOXTRAINING JUGENDLICHE – UNI/GIBB	16:30 - 17:30 BOXTRAINING JUGENDLICHE – UNI/GIBB	
17:00						
17:30	17:30 - 18:30 BOXTRAINING FITNESSBOXEN	17:30 - 18:30 BOXTRAINING POWERBOXEN	17:30 - 18:30 BOXTRAINING FITNESSBOXEN	17:30 - 18:30 BOXTRAINING POWERBOXEN	17:30 - 18:30 BOXTRAINING FITNESSBOXEN	
18:00						
18:30	18:30 - 19:30 BOXTRAINING FITNESSBOXEN	FREIES KRAFT/CARDIO TRAINING	18:30 - 19:30 BOXTRAINING FITNESSBOXEN	FREIES KRAFT/CARDIO TRAINING	18:30 - 19:30 BOXTRAINING FITNESSBOXEN	
19:00		19:00 - 20:30 FITNESS MIT SAVAS POWERFITNESS		19:00 - 20:30 FITNESS MIT SAVAS POWERFITNESS		
19:30						
19:45	19:45 - 20:45 TRX		19:45 - 20:45 PILATES			

