

# TIMETABLE – BOXACADEMYBERN

# FROM 1<sup>ST</sup> OCTOBER 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30						
09:30						
10:00	10:15 - 11:15 <b>BOXTRAINING</b> FITNESS BOXING	10:15 - 11:15 <b>BOXTRAINING</b> FITNESS BOXING	10:15 - 11:15 <b>BOXTRAINING</b> FITNESS BOXING	10:15 - 11:15 <b>BOXTRAINING</b> FITNESS BOXING	10:15 - 11:15 <b>BOXTRAINING</b> FITNESS BOXING	10:00 - 11:15 <b>BOXTRAINING</b> TECHNIQUES/SPARRING
10:30						
11:00						
11:30						
12:00	12:15 - 13:15 <b>BOXTRAINING</b> FITNESS BOXING	12:15 - 13:15 <b>BOXTRAINING</b> FITNESS BOXING	12:15 - 13:15 <b>BOXTRAINING</b> FITNESS BOXING	12:15 - 13:15 <b>BOXTRAINING</b> FITNESS BOXING	12:15 - 13:15 <b>BOXTRAINING</b> FITNESS BOXING	
12:30						
13:00						
13:30						
14:00	<b>GESCHLOSSEN</b>	<b>GESCHLOSSEN</b>	14:00 - 15:00 <b>KIDSTRAINING</b> 6-12 YEARS	<b>GESCHLOSSEN</b>	14:00 - 15:00 <b>KIDSTRAINING</b> 6-12 YEARS	
14:30						
15:00						
15:30						
16:00						
16:30	16:30 - 17:30 <b>BOXTRAINING</b> FITNESSBOXEN	16:30 - 17:30 <b>BOXTRAINING</b> FITNESSBOXEN	16:30 - 17:30 <b>BOXTRAINING</b> FITNESSBOXEN	16:30 - 17:30 <b>BOXTRAINING</b> FITNESSBOXEN	16:30 - 17:30 <b>BOXTRAINING</b> FITNESSBOXEN	
17:00						
17:30	17:30 - 18:30 <b>BOXTRAINING</b> FITNESS BOXING	17:30 - 18:30 <b>BOXTRAINING</b> FITNESS BOXING	17:30 - 18:30 <b>BOXTRAINING</b> FITNESS BOXING	17:30 - 18:30 <b>BOXTRAINING</b> FITNESS BOXING	17:30 - 18:30 <b>BOXTRAINING</b> FITNESS BOXING	
18:00		<b>PLUS</b> <b>BOXTRAINING</b> LICENSED BOXER		<b>PLUS</b> <b>BOXTRAINING</b> LICENSED BOXER		
18:30	18:30 - 19:30 <b>BOXTRAINING</b> FITNESS BOXING	FREE POWER/CARDIO TRAINING	18:30 - 19:30 <b>BOXTRAINING</b> FITNESS BOXING	FREE POWER/CARDIO TRAINING	18:30 - 19:30 <b>GIRLS BOXING</b> MIT NICOLE BOSS	
19:30		19:00 - 20:30 <b>FITNESS WITH SAVAS</b> POWERFITNESS	19:45 - 20:45 <b>BOXINGYOGA</b> ONLY BY APPOINTMENT WITH MELANIE	19:00 - 20:30 <b>FITNESS WITH SAVAS</b> POWERFITNESS	<b>PLUS</b> <b>BOXTRAINING</b> FITNESS BOXING	

