

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | |
|---------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 8:00 - 8:30 | 08:00 - 09:00 Kondition | 08:00 - 09:30 Boxen AF/FG | | | | | |
| 8:30 - 9:00 | | | | | | | |
| 9:00 - 9:30 | | | | | | | |
| 9:30 - 10:00 | | FT | | | | | |
| 10:00 - 10:30 | | | | | | 10:00 - 11:30 FAUST2KAMPF | |
| 10:30 - 11:00 | | | | | | | |
| 11:00 - 11:30 | | | | | | | |
| 11:30 - 12:00 | | | | | | | 11:30 - 13:00 Boxen AF/FG |
| 12:00 - 12:30 | | | | | 12:00 - 13:30 Boxen AF/FG | | |
| 12:30 - 13:00 | | | | | | | |
| 13:00 - 13:30 | | | | | | 13:00 - 14:00 Kondition | |
| 13:30 - 14:00 | | | | | | | |
| 14:00 - 14:30 | | | | | 14:00 - 15:30 Boxen AF/FG | 14:00 - 15:30 Boxen AF/FG | |
| 14:30 - 15:00 | | | | | | | |
| 15:00 - 15:30 | | | | | | | |
| 15:30 - 16:00 | | | | | 15:30 - 17:00 Boxen AF/FG | | |
| 16:00 - 16:30 | 16:00 - 17:00 Bambini | 16:15 - 17:15 Kinder | FT | 16:15 - 17:30 Kinder | | | |
| 16:30 - 17:00 | | | | | | | |
| 17:00 - 17:30 | 17:00 - 18:30 Boxen AF | 17:15 - 18:00 Schattenboxen | 17:00 - 18:30 Boxen AF/FG | 17:30 - 18:30 Kondition | 17:00 - 18:30 Boxen AF | | |
| 17:30 - 18:00 | | | | | | | |
| 18:00 - 18:30 | | 18:00 - 19:00 Kondition | | | | | |
| 18:30 - 19:00 | 18:30 - 20:00 FAUST2KAMPF | 19:00 - 20:00 GRL BXN | 18:30 - 20:00 Boxen AF | 18:30 - 20:00 FAUST2KAMPF | 18:30 - 20:00 Boxen FG | | |
| 19:00 - 19:30 | | | | | | | |
| 19:30 - 20:00 | | | | | | | |
| 20:00 - 20:30 | 20:00 - 21:30 Boxen AF/FG | 20:00 - 21:30 Boxen AF | 20:00 Boxen BA | 20:00 - 21:30 Boxen AF/FG | 20:00 - 21:15 GRL BXN | | |
| 20:30 - 21:00 | | | | | | 20:30 - 21:30 Sparring | |
| 21:00 - 21:30 | | | | | | | |

ÖFFNUNGSZEITEN

Mo: 8:00 - 9:00 Uhr / 15:30 - 22:00 Uhr
 Di: 8:00 - 12:30 Uhr / 15:30 - 22:00 Uhr
 Mi: 15:30 - 22:00 Uhr
 Do: 10:00 - 13:30 Uhr / 15:30 - 22:00 Uhr
 Fr: 14:00 - 22:00 Uhr
 Sa: 11:00 - 16:00 Uhr
 Sonn- und Feiertags geschlossen.

ANFÄNGER-PROBETRAINING

nur nach telefonischer Anmeldung

Fon: 089 12 509 6543

Di: 20:00 Uhr
 Mi: 18:30 Uhr
 Sa: 11:30 Uhr

AF: Anfänger FG: Fortgeschrittene AF/FG: Anfänger/Fortgeschrittene gemischt BA: Beinarbeit GRL BXN: Frauen Box-Training FT: Freies Training
 Kondition: Kraft, Schnelligkeit, Ausdauer, Beweglichkeit, Koordination FAUST2KAMPF e.V.: Wettkampftraining

