

GORILLA GYM HAMBURG

NEUER KAMP 31 (RINDERMARKTHALLE)

20359 HAMBURG

WWW.GORILLAGYM.HAMBURG



STUNDENPLAN

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag			
	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2	Raum 1	Raum 2		
08:00							08:00-09:00 Thai-Boxen									
08:30			08:30-09:30 Thai-Boxen													
09:00																
09:30																
10:00	10:00-11:30 Grappling for MMA		10:00-11:30 Combat Conditioning			10:00-11:30 Combat Conditioning				10:00-11:00 Thai-Boxen - Sparring						
10:30																
11:00																
11:30																
12:00	12:00-13:00 Thai-Boxen			12:00-13:00 Yoga	12:00-13:00 Thai-Boxen			12:00-13:00 Yoga	12:00-13:00 Thai-Boxen		12:00-13:30 MMA		12:00-13:30 Thai-Boxen			
12:30												12:30-14:00 Yoga				
13:00									13:00-14:00 Thai-Boxen - freies Training							
13:30																
14:00									14:00-15:00 Boxen					14:00-15:30 Combat Conditioning		
14:30																
15:00																
15:30														15:30-16:30 Grappling Advanced		
16:00	16:00-17:00 K1 + K2 (bis ca. 10 Jahre)		16:00-17:00 K1 + K2		16:00-17:00 K1 + K2			16:00-17:00 K1 + K2		16:00-17:00 K1 + K2				16:30-18:00 Grappling Basic		
16:30																
17:00	17:00-18:00 K3 + Jgdl. (ab ca. 10 Jahre)		17:00-18:00 K3 + Jgdl.		17:00-18:00 K3 + Jgdl.			17:00-18:00 K3 + Jgdl.		17:00-18:00 K3 + Jgdl.						
17:30																
18:00	18:00-19:00 Thai-Boxen Basic		18:00-19:00 Boxen		18:00-19:00 Thai-Boxen Advanced	18:00-19:30 MMA		18:00-19:00 Wrestling for MMA		18:00-19:00 Thai-Boxen						
18:30																
19:00	19:00-20:00 Thai-Boxen Advanced		19:00-20:00 Thai-Boxen	19:00-20:00 Grappling for MMA	19:00-20:00 Thai-Boxen Basic			19:00-20:00 Boxen		19:00-20:00 MMA						
19:30																
20:00	20:00-21:30 Grappling for MMA		20:00-21:30 MMA		20:00-21:30 Grappling	20:00-21:30 Yoga		20:00-21:30 Thai-Boxen - Sparring								
20:30																
21:00																

gültig ab 09/2023