

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													15:30-17:00 Grappling	
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														
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 01/2025