
Fr~~00~~port

~~R000~~

~~R000~~

Mob~~00~~ty

~~R000~~

~~R000~~

Mob~~00~~ty

Kind~~00~~port*

Langham Training

Reps

Reps

Kids Fightclub

Reps

Reps

Jumping Fitness®

Cross Training Fitness®

Mobility

Brazilian Jiu-Jitsu

Boxing

Reps

Tae Kwon Do

Cross Training

Langham Training

Boxing

Kindersport*

Nogi Grappling

Bauchwe Po

Kids Fightclub

~~18:00~~
Pirates

~~18:00~~

Stand: 22.03.2023

~~18:00~~

~~18:30~~
Mixed Martial Arts

~~18:00~~

~~18:00~~

~~19:00~~

~~19:00~~
Jumping Fitness®

~~18:00~~

~~20:00~~

~~17:00~~
Fatburner/HIIT

~~16:30~~
Kindersport*

~~17:30~~
Bauchpress

~~17:00~~
Kids Fightclub

~~18:00~~
Fast Forward

~~18:30~~
Brazilian Jiu-Jitsu

~~18:00~~
Mixed Martial Arts