Pankra Gym

Kursplan

14.11.2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
morgens	8:00 - 9:30 Freies Training	8:00 - 9:15 Freies Training	8:00 - 9:00 Freies Training	8:00 - 9:00 Freies Training	8:00 - 9:45 Freies Training	9:00 - 9:30 Freies Training	9:00 - 10:00 Freies Training
vormittags	10:30 - 12:30 Freies Training	10:15 - 12:30 Freies Training	10:00 - 11:00 Freies Training 11:00 - 12:30 Freies Training	10:00 - 11:00 Freies Training 11:00 - 12:30 Freies Training	10:45 - 12:30 Freies Training	11:30 - 12:30 Freies Training	
mittags	12:30 - 19:00 Freies Training	12:30 - 17:00 Freies Training	12:30 - 17:30 Freies Training	12:30 - 16:00 Freies Training	12:30 - 16:00 Freies Training 16:00 - 17:00 Crosstraining	12:30 - 14:00 Freies Training 14:00 - 16:00 Sparring 16:00 - 17:00 Freies Training	13:00 - 16:00 Freies Training

abends	19:00 - 20:30 Thaiboxen 20:30 - 22:00 Freies Training	20:00 - 21:30 Brazilian Jiu Jitsu 20:00 - 21:30 Grappling 21:30 - 22:00 Freies Training	18:30 - 20:00 Thaiboxen 20:00 - 22:00 Freies Training	19:00 - 20:00 Freies Training 20:00 - 21:30 Brazilian Jiu Jitsu 20:00 - 21:30 Grappling 21:30 - 22:00 Freies Training	18:30 - 20:00 Thaiboxen 20:00 - 21:00 Freies Training 21:00 - 22:00 Freies Training		

Nicht im Juni, Juli, August (ab September)

Fightclubkurse