

PERFORMANCE CENTER

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

10:00

MUAYTHAI & BOXEN
BAG & PAD WORK

MUAYTHAI & BOXEN
BAG & PAD WORK

16:00

TEEN EAGLES

TEEN EAGLES

JUNIOR FIGHTER

17:00

POWER INTERVALS
STRENGTH & CONDITIONING

POWER INTERVALS
STRENGTH & CONDITIONING

17:30

MUAYTHAI
BEGINNER

LADIES MUAYTHAI
ONLY GIRLS!

18:30

MUAYTHAI
ADVANCED

MUAYTHAI
ADVANCED

FIGHTERS

19:00

LUTA LIVRE
GRAPPLING

LUTA LIVRE
GRAPPLING

MUAYTHAI
BEGINNER

16:00

MINI EAGLES

MINI EAGLES

16:30

JUNIOR EAGLES

JUNIOR EAGLES

17:30

LADIES MUAYTHAI
ONLY GIRLS!

19:00

BOXEN

BOXEN

OPEN TRAINING ZEITEN
DIE. 18:30 - 20:00
MIT. 16:30 - 19:00
FR. 18:30 - 20:00

WWW.EAGLES-FIGHTCLUB.DE
WERRASTRASSE 11 & GEORGRSTRASSE 23

SPARRING
JEDEN SAMSTAG
10:30 UHR