

**Klusā iela 12 K3**

	PIRMDIENA	OTRDIENA	TREŠDIENA	CETURTDIENA	PIEKTDIENA	SESTDIENA	SVĒTDIENA	PIRMDIENA
10:00 - 11:20						ADULTS+JUNIORS <b>KICKBOXING</b> + <b>CROSS-TRAINING</b>		
11:30 - 13:00						KIDS 7-9, 10-12 <b>KICKBOXING/BOXING</b> + <b>CROSS-TRAINING</b>		
15:45 - 17:00		KIDS 7-9, 10-12 <b>KICKBOXING</b> + <b>CROSS-TRAINING</b>		KIDS 7-9, 10-12 <b>KICKBOXING</b> + <b>CROSS-TRAINING</b>				
16:30 - 18:00					JUNIORS+ADULTS <b>BOXING</b>			
16:45 - 18:00	KIDS 7-9, 10-12 <b>KICKBOXING</b> + <b>BOXING</b>		KIDS 7-9, 10-12 <b>KICKBOXING</b> + <b>BOXING</b>					
17:00 - 18:10	JUNIORS <b>BOXING</b>	IZLASES TREIŅŠ <b>BOXING</b>	JUNIORS <b>BOXING</b>	IZLASES TREIŅŠ <b>BOXING</b>				
17:00 - 18:20		JUNIORS <b>FUNCTIONAL</b> + <b>CROSS-TRAINING</b>		JUNIORS <b>FUNCTIONAL</b> + <b>CROSS-TRAINING</b>				
17:40 - 18:30	KIDS 3-4 <b>KICKBOXING +</b> <b>FUNCTIONAL TRAINING</b>		KIDS 3-4 <b>KICKBOXING +</b> <b>FUNCTIONAL TRAINING</b>					
18:10 - 19:45	JUNIORS+ADULTS <b>BOXING</b>		JUNIORS+ADULTS <b>BOXING</b>					JUNIORS+ADULTS <b>BOXING*</b>
18:30 - 20:00		ADULTS+JUNIORS <b>KICKBOXING/BOXING</b> + <b>CROSS-TRAINING</b>		ADULTS+JUNIORS <b>KICKBOXING/BOXING</b> + <b>CROSS-TRAINING</b>				
18:30 - 19:30	KIDS 5-7 <b>KICKBOXING +</b> <b>FUNCTIONAL TRAINING</b>		KIDS 5-7 <b>KICKBOXING +</b> <b>FUNCTIONAL TRAINING</b>					

\*Treniņu var apmeklēt, kam ir boksa un kikboksa abonements