

	PIRMDIENA	OTRDIENA	TREŠDIENA	CETURTDIENA	PIEKTDIENA	SESTDIENA	SVĒTDIENA
09:00 - 10:00							JUNIORS+ADULTS FUNCTIONAL TRAINING
10:00 - 11:20						JUNIORS+ADULTS KICKBOXING + CROSS-TRAINING	
10:00 - 11:00			JUNIORS+ADULTS FUNCTIONAL TRAINING				
11:30 - 12:45						KIDS 7-12 FUNCTIONAL TRAINING	
15:00 - 16:00		KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING		KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING			
16:00 - 17:00	KIDS 7-12 MMA						
16:00 - 17:15		KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING	KIDS 7-12 VFS + BOXING	KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING			
17:00 - 18:00	JUNIORS+ADULTS MMA						
17:00 - 18:15		JUNIORS+ADULTS KICKBOXING/BOXING + CROSS-TRAINING		JUNIORS+ADULTS KICKBOXING/BOXING + CROSS-TRAINING			
17:30 - 18:15	KIDS 3-4 KICKBOXING + FUNCTIONAL TRAINING		KIDS 3-4 KICKBOXING + FUNCTIONAL TRAINING				
18:10 - 19:45	BEGINNERS JUNIORS+ADULTS BOXING	JUNIORS+ADULTS KICKBOXING/BOXING + CROSS-TRAINING	BEGINNERS JUNIORS+ADULTS BOXING	JUNIORS+ADULTS KICKBOXING/BOXING + CROSS-TRAINING	BEGINNERS JUNIORS+ADULTS BOXING		
18:10 - 19:45	ADULTS BOXING		ADULTS BOXING		ADULTS BOXING		
18:30 - 19:30	KIDS 5-6 KICKBOXING + FUNCTIONAL TRAINING		KIDS 5-6 KICKBOXING + FUNCTIONAL TRAINING				