TRENIŅU GRAFIĶS



LAIKS	PIRMDIENA	OTRDIENA	TREŠDIENA	CETURTDIENA	PIEKTDIENA	SESTDIENA	SVĒTDIENA
09:00 - 10:00							JUNIORS / ADULTS **KICKBOXING + CROSS-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 - 17:15	KIDS 7-12 **MMA**	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**				