

	PIRMDIENA	OTRDIENA	TREŠDIENA	CETURTDIENA	PIEKTDIENA	SESTDIENA	SVĒTDIENA
10:00 - 11:00			JUNIORS+ADULTS FUNCTIONAL TRAINING		JAUNGADA BALLE!	Sanitārā diena!	
11:00 - 12:20							JUNIORS+ADULTS KICKBOXING/BOXING
15:00 - 16:15		KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING		KIDS 7-9 KICKBOXING/BOXING + CROSS-TRAINING			
16:00 - 17:15		KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING		KIDS 10-14 KICKBOXING/BOXING + CROSS-TRAINING			
16:30 - 17:45	KIDS 7-9 & 10-14 VFS + BOXING KICKBOXING*		KIDS 7-9 & 10-14 VFS + BOXING KICKBOXING*				
17:00 - 18:20		JUNIORS KICKBOXING/BOXING + CROSS-TRAINING		JUNIORS KICKBOXING/BOXING + CROSS-TRAINING			
17:30 - 18:15	KIDS 3-4 KICKBOXING + FUNCTIONAL TRAINING		KIDS 3-4 KICKBOXING + FUNCTIONAL TRAINING				
18:00 - 19:00							JUNIORS+ADULTS 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			
18:10 - 19:45	ADULTS BOXING		ADULTS BOXING				
18:30 - 19:30	KIDS 5-6 KICKBOXING + FUNCTIONAL TRAINING		KIDS 5-6 KICKBOXING + FUNCTIONAL TRAINING				