

TRENINŲ GRAFIĖS

19.10.-25.10.2026.

LAIKS	PIRMDIENA	OTRDIENA	TREŠDIENA	CETURTDIENA	PIEKTDIENA	SESTDIENA	SVĒTDIENA
10:00 - 11:30		KIDS 7-13 KICKBOXING/BOXING + CROSS-TRAINING	KIDS 7-13 KICKBOXING/BOXING/ MMA+ CROSS-TRAINING	KIDS 7-13 KICKBOXING/BOXING/ MMA+ CROSS-TRAINING		JUNIORS / ADULTS KICKBOXING + CROSS-TRAINING	
16:00 - 17:00	KIDS 7-12 MMA						
17:00 - 18:00	JUNIORS / ADULTS MMA						
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				