

MÅNDAG

TISDAG

ONSDAG

TORSDAG

FREDAG

LÖRDAG

SÖNDAG

FÖRMIDDAG

08:00
FITNESS BOXING

08:00
FITNESS BOXING

08:00
FITNESS BOXING

08:00
FITNESS BOXING

08:00
FITNESS BOXING

09:00
FITNESS BOXING

09:00
OPEN MAT

EFTERMIDDAG

17:00
CROSSTRaining

17:00
CROSSTRaining

17:00
CROSSTRaining

17:00
CROSSTRaining

17:00
TIGER (5-7 ÅR)

17:00
TIGER (5-7) ÅR

17:00
TIGER (5-7) ÅR

17:00
TIGER (5-7) ÅR

17:45
CROSSTRaining

17:45
CROSSTRaining

17:45
CROSSTRaining

17:45
CROSSTRaining

17:45
JIU JITSU JUNIOR

17:45
JIU JITSU JUNIOR

17:45
JIU JITSU JUNIOR

17:45
JIU JITSU JUNIOR

18:30
KICKBOXING

18:30
FITNESS BOXING

18:30
KICKBOXING

18:30
FITNESS BOXING

19:30
JIU JITSU BEGINNERS

19:30
JIU JITSU ADVANCED

19:30
JIU JITSU BEGINNERS

19:30
JIU JITSU ADVANCED

20:30
YOGA

20:30
MIXED MARTIAL ARTS

20:30
YOGA

20:30
MIXED MARTIAL ARTS

10:00
CROSSTRaining

11:00
YOGA