



KAMPFSPORTZENTRUM WINTERTHUR

STUNDENPLAN 2026

ANMELDUNGEN BITTE ÜBER SportsNow VORNEHMEN



MONTAG

07:30 - 08:30	RUN CLUB
12:15 - 13:15	KRAV MAGA
17:15 - 18:15	BJJ KIDS + JUNIORS
18:30 - 19:45	LUTA LIVRE + MMA SAMI X PANANTUKAN
20:00 - 21:15	BJJ WETTKAMPFTRAINING BOXEN BEGINNER BOXEN INTERMEDIATE

DIENSTAG

07:30 - 08:30	FUNCTIONAL FITNESS
12:15 - 13:15	OLYMPISCHES BOXEN
17:15 - 18:15	YOGA KRAV MAGA KIDS
18:30 - 19:45	BJJ NO GI KRAV MAGA
20:00 - 21:15	KRAV MAGA WOMEN ONLY BOXEN TECHNIK BJJ GI SAMI X PRO
21:15 - 21:45	BJJ OPEN MAT

MITTWOCH

12:15 - 13:15	BJJ NO GI
17:15 - 18:15	LCB BOXEN 9-16 JAHRE BJJ KIDS + JUNIORS
18:30 - 19:45	BASIC FITNESS LUTA LIVRE + MMA
20:00 - 21:15	FITBOXEN LUTA LIVRE WETTKAMPFTRAINING

DONNERSTAG

07:15 - 08:15	BJJ GI TECHNIK
09:30 - 10:30	SENIOREN-TRAINING
12:15 - 13:15	OLYMPISCHES BOXEN
17:15 - 18:15	YOGA KRAV MAGA KIDS
18:30 - 19:45	KRAV MAGA GEFÜHRTE SPARRING LEKTION
20:00 - 21:15	KRAV MAGA WEAPONS KICKBOXEN BJJ GI TECHNIK
21:15 - 21:45	BJJ OPEN MAT

FREITAG

12:15 - 13:15	KRAV MAGA
17:15 - 18:15	LCB BOXEN 9-16 JAHRE
18:30 - 19:45	BOXEN TAKTIK INTERMEDIATE/ADVANCED BJJ GI
20:00 - 21:45	BOXEN WOMEN ONLY

SAMSTAG

09:00 - 10:00	FITNESS FOR FIGHTERS
10:15 - 11:15	BJJ WOMEN ONLY LUTA LIVRE + MMA
11:30 - 12:30	SV WOMEN ONLY 1X/M



BOXEN



BJJ



KRAV MAGA



MMA / LUTA LIVRE



KIDS / JUNIORS



FITNESS



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PROBETRAINING?

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