



# KURSPLAN 2023

Gültig ab 15.05.2023

Am Sender 9, 66346 Püttlingen

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## I.S.F. Kampfsportarena

| Montag                                 | Dienstag                                        | Mittwoch                         | Donnerstag                             | Freitag                                | Samstag                                    | Sonntag |
|----------------------------------------|-------------------------------------------------|----------------------------------|----------------------------------------|----------------------------------------|--------------------------------------------|---------|
|                                        | 11:00 - 13:00<br>Open Mat                       |                                  | 11:00 - 13:00<br>Open Mat              |                                        | 10:00 - 11:00<br>ISF<br>Kids<br>5-8 Jahre  |         |
| 16:30 - 17:30<br>ISF<br>Kids           | 16:15 - 17:00<br>Zumba<br>Kids                  |                                  | 16:15 - 17:00<br>Zumba<br>Kids         | 16:30 - 17:30<br>ISF<br>Kids           | 11:00 - 12:00<br>ISF<br>Kids<br>9-14 Jahre |         |
| 18:30 - 19:30<br>BJJ NoGi<br>Grappling | 18:00 - 19:00<br>Muay Thai<br>K1                | 18:00 - 19:00<br>Muay Thai<br>K1 | 18:00 - 19:00<br>BJJ NoGi<br>Grappling | 17:30 - 18:30<br>Muay Thai<br>K1       | 12:00 - 13:00<br>Open Mat                  |         |
| 19:30 - 20:30<br>BJJ NoGi<br>Grappling | 20:30 - 22:00<br>Beweglichkeit<br>Yoga (I.S.F.) | 19:00 - 20:00<br>MMA             | 19:00 - 20:00<br>BJJ NoGi<br>Grappling | 18:30 - 19:00<br>Muay Thai<br>Sparring | 13:00 - 14:00<br>Open Mat                  |         |
|                                        |                                                 | 20:00 - 21:30<br>Open Mat        |                                        |                                        |                                            |         |