



TRAINING CALENDER

Dated 01.09.2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (2x each Month)
					Frauenboxen "Work It Out" 14.45 - 16.00
					Basic Boxing and Circle Training 16.15 - 17.30
Drill-Exercise & Sparring 18.30 - 19.15	Women's Boxing "Work It Out" 18.45 - 19.55	Women's Boxing "Work It Out" 18.45 - 19.55	Women's Boxing "Work It Out" 18.45 - 19.55		
Fighter-Fitness 19.15 - 20.00	Basic Boxing and Circle Training 20.00 - 21.15	Advanced Drill-Exercise & Sparring 18.30 - 20.00	Basic Boxing and Circle Training 20.00 - 21.15		

Introductory courses are held regularly.

Dates and further details are available upon request.

www.misogi.de