



YOGAKA MMA Academy Luzern  
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### Öffnungszeiten

Montag bis Freitag: 12.00 – 22.00  
 Samstag: 10.00 – 17.00

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
					<b>10.00-11.00</b> BODY CONDITIONING
					<b>11.00-12.00</b> BAG CONDITIONING
<b>12.00</b> OPENING OF THE CLUB	<b>12.15-13.15</b> BAG CONDITIONING	<b>12.00</b> OPENING OF THE CLUB	<b>12.15-13.15</b> BAG CONDITIONING	<b>12.00</b> OPENING OF THE CLUB	
					<b>13.30-15.00</b> OPEN SPARRING
		<b>15.00-16.00</b> KIDS KARATE			<b>15.00-16.30</b> YOGAKA DJ SAUNA
		<b>15.00-16.00</b> BAG CONDITIONING & SELF-DEFENSE			
<b>17.00-18.00</b> KIDS JUDO / BJJ	<b>17.00-18.00</b> KIDS KARATE		<b>17.00-18.00</b> KIDS JUDO / BJJ	<b>17.00-18.00</b> KIDS KARATE	
	<b>17.00-18.00</b> BAG CONDITIONING & SELF-DEFENSE			<b>17.00-18.00</b> BAG CONDITIONING & SELF-DEFENSE	
<b>19.00-20.30</b> THAI / KICKBOXING	<b>19.00-20.00</b> GRAPPLING (Sparring)	<b>19.00-20.30</b> THAI / KICKBOXING	<b>19.00-20.00</b> GRAPPLING (Techniques)	<b>19.00-20.30</b> THAI / KICKBOXING	
<b>19.00-20.30</b> WRESTLING 4 MMA (Sparring)	<b>20.00-21.30</b> BJJ / GI-GRAPPLING	<b>19.00-20.00</b> WRESTLING 4 MMA (Techniques)	<b>20.00-21.30</b> BJJ / GI-GRAPPLING	<b>19.00-20.00</b> BOXING (Techniques)	
<b>20.30-21.00</b> FIGHTERS' STRETCHING	<b>20.00-21.00</b> BOXING (Sparring)	<b>20.00-21.30</b> MMA (Ground and Pound)	<b>20.00-21.30</b> KOMBI-KAMPFSport (Women & Self-Defense)	<b>20.00-21.30</b> MMA (Sparring)	
	<b>20.00-21.30</b> KOMBI-KAMPFSport (Women & Self-Defense)				