



# YOGAKA

## Rotkreuz

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

11.00 - 13.00

13.00 - 15.00

17.15 - 18.15

18.30 - 20.00

19.00 - 20.30

20.00 - 21.30

					Kettlebell
					X-fit
					open Mat
Kindertraining		Kindertraining			
Grappling	Brazilian Jiu Jitsu	Grappling	Boxen	Grappling & Jiu Jitsu	
	Boxen				
MMA (UFC)		MMA (UFC)		Boxen	