



# 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
Kinder Ringen Jiujitsu		Kinder Ringen Jiujitsu			
Grappling	Gracie Jiujitsu	Grappling		Grappling	
	Boxen		Boxen		
Bas Rutten MMA		Bas Rutten MMA		Gracie Jiujitsu	