

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|---|--|---|--|---|--|
| Ronin Muay Thai Mastery 07:00 - 08:00 | | Ronin Muay Thai Mastery 07:00 - 08:00 | | Ronin Muay Thai Mastery 07:00 - 08:00 | Ronin Boxing Basics 09:00 - 10:00 |
| Ronin Functional Flow 08:00 - 08:50 | Ronin Functional Flow 08:00 - 08:50 | Ronin Functional Flow 08:00 - 08:50 | Ronin Functional Flow 08:00 - 08:50 | Ronin Functional Flow 08:00 - 08:50 | Ronin Boxing Fusion 10:00 - 11:00 |
| Ronin Stretch & Release 08:50 - 09:20 | Ronin Stretch & Release 08:50 - 09:20 | Ronin Stretch & Release 08:50 - 09:20 | Ronin Stretch & Release 08:50 - 09:20 | Ronin Stretch & Release 08:50 - 09:20 | Ronin Muay Thai Mastery 11:00 - 12:00 |
| OPEN MAT 09:20 - 16:00 | OPEN MAT 09:20 - 16:00 | OPEN MAT 09:20 - 16:00 | OPEN MAT 09:20 - 16:00 | OPEN MAT 09:20 - 16:00 | Ronin Functional Flow 12:00 - 13:00 |
| Ronin Fit Kids Club * 16:00 - 16:50 | Ronin Ladies Power 18:00 - 19:00 | Ronin Fit Kids Club * 16:00 - 16:50 | Ronin Ladies Power 18:00 - 19:00 | Ronin Fit Kids Club * 16:00 - 16:50 | OPEN MAT 13:00 - 15:00 |
| Ronin Junior Athletes ** 17:00 - 17:50 | Ronin Muay Thai Mastery 19:00 - 20:00 | Ronin Junior Athletes ** 17:00 - 17:50 | Ronin Muay Thai Mastery 19:00 - 20:00 | Ronin Junior Athletes ** 17:00 - 17:50 | |
| Ronin Functional Flow 18:00 - 19:00 | Ronin Boxing Fusion 20:00 - 21:15 | Ronin Muay Thai Basic 18:00 - 19:00 | Ronin Boxing Fusion 20:00 - 21:15 | Ronin Functional Flow 18:00 - 19:00 | |
| Ronin Muay Thai Mastery 19:30 - 20:45 | | Ronin Muay Thai Mastery 19:30 - 20:45 | | Ronin Muay Thai Mastery 19:30 - 20:45 | |
| Ronin Stretch & Release 20:45 - 21:15 | | Ronin Stretch & Release 20:45 - 21:15 | | Ronin Stretch & Release 20:45 - 21:15 | |

*6 - 10 Jahre

** 10 - 15 Jahre