

TATAMI

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| PONDELOK | OPEN GYM SÚKROMÉ TRÉNINGY 7:00 - 21:00 | MT DETI 17:00 - 18:00 | QUEENS MUAY THAI 18:00-19:00 | KING'S MUAY THAI 19:00 - 20:30 | JUNGLE BJJ GI 19:00 - 20:30 (TRÉNING V KIMONE) | MMA 19:00 - 20:30 |
| UTOROK | OPEN GYM SÚKROMÉ TRÉNINGY 7:00 - 21:00 | MT DETI 17:00 - 18:00 | QUEENS MUAY THAI 18:00-19:00 | KING'S MUAY THAI 19:00 - 20:30 | JUNGLE BJJ NOGI 19:00 - 20:30 (TRÉNING BEZ KIMONA) | |
| STREDA | OPEN GYM SÚKROMÉ TRÉNINGY 7:00 - 21:00 | MT DETI 17:00 - 18:00 | QUEENS MUAY THAI 18:00-19:00 | KING'S MUAY THAI 19:00 - 20:30 | MMA 19:00 - 20:30 | |
| ŠTVRTOK | OPEN GYM SÚKROMÉ TRÉNINGY 7:00 - 21:00 | MT DETI 17:00 - 18:00 | QUEENS MUAY THAI 18:00-19:00 | KING'S MUAY THAI 19:00 - 20:30 | JUNGLE BJJ GI 19:00 - 20:30 (TRÉNING V KIMONE) | |
| PIATOK | OPEN GYM SÚKROMÉ TRÉNINGY 7:00 - 21:00 | MT DETI 17:00 - 18:00 | QUEENS MUAY THAI 18:00-19:00 | KING'S MUAY THAI SPARING 19:00 - 20:30 | JUNGLE BJJ NOGI 19:00 - 20:30 (TRÉNING BEZ KIMONA) | MMA 19:00 - 20:30 |
| SOBOTA | | JUNGLE BJJ OPEN MAT SPARING 11:00 - 12:30 | | | | |
| NEDELA | OPEN GYM SÚKROMÉ TRÉNINGY 9:00 - 21:00 | | | | | |

CROSSFIT ZÓNA

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| PONDELOK | OPEN GYM 7:00 - 21:00 | REGE TRÉNING 17:00 - 18:00 | STRONG BY MIMA 17:45 - 18:45 | JOGA 19:00 - 20:00 | |
| UTOROK | OPEN GYM 7:00 - 21:00 | | KING'S POWER 17:00 - 18:00 | | |
| STREDA | WORKOUT CROSSFIT/HIIT 7:00 - 8:00 | OPEN GYM 7:00 - 21:00 | REGE TRÉNING 17:00 - 18:00 | STRONG BY MIMA 17:45 - 18:45 | JOGA 19:00 - 20:00 |
| ŠTVRTOK | OPEN GYM 7:00 - 21:00 | | KING'S POWER 17:00 - 18:00 | | |
| PIATOK | WORKOUT CROSSFIT/HIIT 7:00 - 8:00 | OPEN GYM 7:00 - 21:00 | | | |

Všetky tréningy sú OPEN CLASS - otvorené pre všetkých

King's Gym | Pekná cesta 2/A, Rača, 83154 Bratislava | Tel.: +421 910 420 310 | Email : info@kingsgym.sk