



Trainingsplan

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------|------------------------|---------------|-----------|-------------------|---------------|---------|
| 15:00 | | | | | | JAJ-CAJ |
| 15:30 | | | | | | |
| 16:00 | | | | | | |
| 18:00 | | Kinder Karate | | | Kinder Karate | |
| 18:30 | | | | | | |
| 19:00 | BOX- CONDITION | | KICKBOXEN | BOX- CONDITION | | |
| 19:30 | Karate ab 3. KYU | | | | KICKBOXEN | |
| 20:00 | | Karate | | Karate | | |
| 20:30 | | | | | | |
| 21:00 | | | | | | |

Allgemeine Öffnungszeiten:

Montag - Freitag 09:00 - 21:30 Uhr

Samstag 13:00 - 17:30 Uhr

Telefon:

07191 // 69285

