

# Trainingsangebot



# Fridingen

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

**Boxen**

**12 +**

**10:30 - 11:30**

**Karate**

**Minis 4 - 6**

**16:00 - 17:00**

**Karate**

**Kids 6 - 11**

**17:00 - 18:00**

**Karate**

**12 +**

**18:00 - 19:00**

**Aikido**

**12 +**

**19:30 - 21:00**

**Kickboxen**

**Kids 6 - 11**

**17:00 - 18:00**

**Kickboxen**

**12 - 16**

**18:15 - 19:15**

**Kickboxen**

**16 +**

**19:30 - 20:30**

**Open Mat**

**20:30 - 21:00**

**Boxen**

**12 +**

**18:15 - 19:15**

**Aikido**

**12 +**

**19:30 - 21:00**

**Karate**

**Kids 6 - 11**

**17:00 - 18:00**

**Karate**

**12 +**

**18:00 - 19:00**

**Tanbo-Do**

**12 +**

**19:00 - 20:00**

**Fighter**

**Fitness**

**18:15 - 19:15**

**Kickboxen**

**12 +**

**19:15 - 20:15**



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

**Fighter  
Fitness**  
18:15 - 19:15

**Kickboxen  
12 +**  
19:15 - 20:15

**Karate  
Minis 4 - 6**  
16:00 - 17:00

**Karate  
Kids 6 - 11**  
17:00 - 18:00

**Karate  
Kids 6 - 11**  
18:00 - 19:00

**Karate  
12 +**  
19:00 - 20:00

**Aikido  
12 +**  
20:00 - 21:30

**Kickboxen  
Kids 6 - 11**  
17:00 - 18:00

**Kickboxen  
12 +**  
18:15 - 19:15

**Open Mat  
19:15 - 19:45**

**Aikido  
12 +**  
18:30 - 20:00

**Karate  
Kids 6 - 11**  
09:30 - 10:30

**Karate  
12 +**  
10:30 - 11:30

**Tanbo-Do  
12 +**  
11:30 - 12:30



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**Karate**

**Minis 4 - 6**

**16:00 - 17:00**

**Karate**

**Kids 6 - 11**

**17:00 - 18:00**

**Karate**

**12 +**

**18:00 - 19:00**

**Tanbo-Do**

**12 +**

**19:00 - 20:00**

**Boxen**

**12 +**

**18:15 - 19:15**

**Kickboxen**

**Kids 6 - 11**

**17:00 - 18:00**

**Kickboxen**

**12 +**

**18:15 - 19:15**

**Open Mat**

**19:15 - 19:45**

**Karate**

**Kids 6 - 11**

**17:00 - 18:00**

**Karate**

**12 +**

**18:00 - 19:00**

**Boxen**

**12 +**

**18:15 - 19:15**

**Kickboxen**

**12 +**

**19:15 - 20:15**

# Trainingsangebot



# Glashütte

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

**Karate**

**Kids 6 - 11**

**17:15 - 18:15**

**Karate**

**12+**

**18:15 - 19:15**