

Trainingsangebot



Fridingen

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Karate

Minis 4 - 6

16:00 - 17:00

Karate

Kids 6 - 11

17:00 - 18:00

Karate

12 +

18:00 - 19:00

Frauen

Kickboxen 16+

19:00 - 20:00

Aikido

12 +

20:00 - 21:30

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

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 12+

18:15 - 19:15

Kickboxen

12 +

19:15 - 20:15



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

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

Fighter
Fitness 12+
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



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Karate

Kids 6 - 11

17:00 - 18:00

Karate

12 +

18:00 - 19:00

Tanbo-Do

12 +

19:00 - 20:00

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

Kickboxen

Kids 6 - 11

17:00 - 18:00

Kickboxen

12 +

18:15 - 19:15

Trainingsangebot



Glashütte

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Karate

Kids 6 - 11

17:15 - 18:15

Karate

12+

18:15 - 19:15