

Trainingsangebot



Fridingen

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Karate

Minis 4 - 6

16:00 - 17:00

Kickboxen

Kids 6 - 11

17:00 - 18:00

Fighter

Fitness 12+

18:15 - 19:15

Kickboxen

12 +

19:15 - 20:15

Karate

12 +

18:00 - 19:00

Frauen

Kickboxen 16+

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

Kobudo

12 +

19:00 - 20:00



Montag

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Samstag

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

Fighter
Fitness 12+
18:15 - 19:15

Kickboxen
12 +
19:15 - 20:15

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
9:00 - 10:00

Karate
Kids 6 - 11
10:00 - 11:00

Karate
12 +
11:00 - 12:00

Kobudo
12+
12:00 - 13:00



Montag

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Mittwoch

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Freitag

Samstag

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

Jiu Jitsu

NoGi 12+
19:30 - 20:30

Open Mat
20:30 - 21:00

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

Jiu Jitsu

Gi 12+
19:30 - 20:30



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Karate

Kids 6 - 11

17:15 - 18:15

Karate

12+

18:15 - 19:15