

Stundenplan



JUGENDLICHE & ERWACHSENE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Fighter Fit 08:30-09:30		Fighter Fit 08:30-09:30			Ving Tsun Basics 10:45 - 11:30
					freies Training 11:30 - 13:00
					Seminare / Workshops Lehrgänge 13:00 - 16:00
		Instructor Training 14:30 - 15:30			
				Kickboxen 17:00 - 17:45	Kickboxen 17:00 - 17:45
Jeet Kune Do 18:00 - 18:45	Kickboxen 18:00 - 18:45	Jeet Kune Do 18:00 - 18:45	Kickboxen 18:00 - 18:45	Thaiboxen 18:00 - 19:00	Kickboxen 18:00 - 18:45
Real Self-Defense 19:00- 19:45	Ving Tsun Basics 19:00- 19:45	Real Self-Defense 19:00- 19:45	Ving Tsun Basics 19:00- 19:45	Ving Tsun Basics 19:00-19:45	
Ving Tsun 19:45 - 20:30	Fighter Fit 19:45 - 20:30	Ving Tsun 19:45 - 20:30	Fighter Fit 19:45 - 20:30	Kickboxen 19:45 - 20:30	
Ving Tsun Mittel- Oberstufe 20:30 - 21:00	Kickboxen 20:30 - 21:15	Ving Tsun Mittel- Oberstufe 20:30 - 21:00	Kickboxen 20:30 - 21:15		
		Thaiboxen 20:00 - 21:00			
Fighter Fit 21:00 - 21:45		Fighter Fit 21:00 - 21:45			

Jugendliche und Erwachsene können unter folgenden Programmen wählen:

Ving Tsun Kung Fu | Real Self-Defense | Kickboxen | Fighter Fit | Jeet Kune Do | Thaiboxen