Trainingsplan (gültig ab 15.10.2022)

Zeiten	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Zeiten
14:00						Open Mat Free for all 14:00 - 16:00	14:00
15:00							15:00
16:00	Karate Kinder 16:15 - 17:15		Karate Kinder 16:15 - 17:15		Karate After- Work 16:00 - 17:15		16:00
17:00	Karate Jugend 17:30 - 18:30		Karate Jugend 17:30 - 18:30				17:00
18:00		Sanda Kickboxen 18:00 - 19:00		Sanda Kickboxen 18:00 - 19:00			18:00
19:00	Karate Erwachsene 19:00 - 20:00	Sanda Kickboxen 19:15 - 20:15	Karate Erwachsene 19:00 - 20:15	Sanda Kickboxen 19:15 - 20:15	Karate Erwachsene 19:00 - 20:00		19:00
20:00	Makiwara 20:00 - 20:30 Karate Late Session 20:30 - 21:30	Cross Training 20:15 - 21:15	Karate Late Session 20:30 - 21:30	Cross Training 20:15 - 21:15	Kata 20:00 - 20:30 Karate Late Session 20:30 - 21:30		20:00
21:00							21:00