Trainingsplan (gültig ab 01.03.2023)

Zeiten	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Zeiten
14:00					**Yoga** 14:00 - 15:00	**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				**Kata** 20:00 - 20:30		20:00
	Karate **Late Session** 20:30 - 21:30		**Karate** **Late Session** 20:30 - 21:30		**Karate** **Late Session** 20:30 - 21:30		
21:00							21:00