

TRAININGSPLAN HERBSTFERIEN 2026

Be prepared - wetterabhängig findet das Training draußen oder drinnen statt

Mo.	Köln Deutz		Sankt Augustin	
	Krav Maga Kiddies Training 16:00 – 16:45 Uhr			
	Krav Maga Kids Training 17:00 – 17:45 Uhr		Krav Maga Kiddies & Kids Training 17:45 – 18:30 Uhr	
	Krav Maga Teens Training 18:00 – 18:45 Uhr	Brasilian Jiu-Jitsu Adults Training 19:00 – 20:30 Uhr	Krav Maga Teens Training 18:45 – 20:00 Uhr	Krav Maga Adults Training 18:45 – 20:00 Uhr
	Krav Maga Adults Training 19:00 – 20:30 Uhr	Krav Maga Fighting Training 20:00 – 20:30 Uhr		
Di.	Köln Deutz		Sankt Augustin	
	Women Only 18:00 – 19:30 Uhr		Krav Maga Adults Training 19:00 – 20:30 Uhr	
	Krav Maga Adults Training 19:45 – 20:45 Uhr		Krav Maga Fighting Training 20:30 – 21:00 Uhr	
Mi.	Köln Deutz		Sankt Augustin	
			Krav Maga Kiddies & Kids Training 17:00 – 17:45 Uhr	
			Krav Maga Teens Training 18:00 – 18:45 Uhr	
	Brasilian Jiu-Jitsu Adults Training 19:00 – 20:30 Uhr		Krav Maga Adults Training 19:00 – 20:00 Uhr	
Do.	Köln Deutz		Sankt Augustin	
Fr.	Köln Deutz		Sankt Augustin	
	Krav Maga Adults Training 18:30 – 19:30 Uhr		Krav Maga Adults Training 18:30 – 20:00 Uhr	
Sa.	Köln Deutz		Sankt Augustin	
	Brasilian Jiu-Jitsu Adults Training 11:00 – 12:30 Uhr		Krav Maga Adults Training 13:30 – 15:00 Uhr	