

TRAININGSPLAN BONN POPPELSDORF

2019

● Teenager ● Basic & Techniques ● Fit & Fighting Skills

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
				<ul style="list-style-type: none">● 17:30 - 18:30 Uhr Teenager● 19:00 - 20:00 Uhr Basic & Techniques● 20:00 - 21:00 Uhr Fit & Fighting Skills	