

TRAININGSPLAN KÖLN DEUTZ

2019

○ Kiddy ● Kids ● Advanced Kids ● Teenager ● Open Class ● Basic & Techniques ● Fit & Fighting Skills ● Military Fitness ■ Externer Kurs

MONTAG	DIENTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
○ 16:00 - 16:45 Uhr Kiddy ● 17:00 - 18:00 Uhr Kids & Advanced Kids ■ 18:00 - 19:30 Uhr Military Fitness ● 18:30 - 19:30 Uhr Basic & Techniques ● 19:30 - 20:30 Uhr Fit & Fighting Skills	● 17:30 - 18:30 Uhr Teenager ● 19:00 - 20:30 Uhr Open Class	● 12:30 - 13:30 Uhr Basic & Techniques ● 17:00 - 18:30 Uhr Law Enforcement ■ 19:00 - 20:30 Uhr Military Fitness ● 19:00 - 20:30 Uhr Open Class			■ 10:00 - 11:30 Uhr Military Fitness ● 13:00 - 14:00 Uhr Basic & Techniques ● 14:00 - 15:00 Uhr Fit & Fighting Skills