

TRAININGSPLAN SANKT AUGUSTIN

2019

○ Kiddy ● Kids ● Advanced Kids ● Teenager ● Open Class ● Basic & Techniques ● Fit & Fighting Skills ● Krav Maga Fighting

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
<ul style="list-style-type: none"> ● 18:30 - 20:00 Uhr Open Class 	<ul style="list-style-type: none"> ● 18:30 - 19:30 Uhr Basic & Techniques ● 19:30 - 20:30 Uhr Fit & Fighting Skills ● 20:30 - 21:30 Uhr Krav Maga Fighting 	<ul style="list-style-type: none"> ○ 16:00 - 16:45 Uhr Kiddy ● 17:00 - 17:45 Uhr Kids ● 18:00 - 18:45 Uhr Advanced Kids ● 19:00 - 20:00 Uhr Basic & Techniques ● 20:00 - 21:00 Uhr Fit & Fighting Skills 	/	<ul style="list-style-type: none"> ● 18:00 - 19:00 Uhr Basic & Techniques ● 19:00 - 20:00 Uhr Fit & Fighting Skills 	/