

Trainingsplan Studio Eckernförde



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	15:30 - 16:30 Kids Training			15:30 - 16:30 Kids Training
16:45 - 17:45 Thai-Kick-Boxing Jugend.	16:45 - 17:45 Junior Training	16:45 - 17:45 Thai-Kick-Boxing Jugend.		16:45 - 17:45 Junior Training
18:00 - 19:30 Thai-Kick-Boxing	18:00 - 19:30 Krav Maga	18:00 - 19:30 Thai-Kick-Boxing	18:00 - 19:30 Krav Maga	18:00 - 20:00 Mix-Fight
19:45 - 21:15 BJJ		19:45 - 21:15 BJJ		

Stand August 2023 - bitte nutzt den Termincheck für aktuelle Infos zum Training