

TRAININGSPLANN UND ZEITEN NORTH-BEAST 2026

Mo	Di	Mi.	Do.	Fr.	Sa.	So.
TKB-Junior 16:45-17:45	Kid`s Training. 15:30-16:30	TKB-Junior 16:45-17:45		Kid`s Training. 15:30-16:30		
TKB-Erw. 18:00-19:30	Junior Training 16:45-17:45	TKB-Erw. 18:00-19:30		Junior Training 16:45-17:4		
BJJ-Erw. 19:45-21:15	KRAV MAGA Basic 18:00-19:15	BJJ-Erw. 19:45-21:15		MIX-FIGHT. 18:00-20:00		
	KRAV MAGA Action 19:15-20:00		KRAV MAGA Action 19:15-20:00			