

# Kursplan

16:30

17:00

17:30

18:00

18:30

19:00

19:30

20:00

20:30

21:15

**MO**

Kyokushin Welpen

Kyokushin Monster

Kyokushin Fighter

Kyokushin

Parents Fit

Parents Fit

**DI**

Movement  
*Feel your Body*

Jieido  
*Selbstverteidigung*

Enso

Kyokushin

**MI**

Kyokushin Welpen

Kyokushin Monster

Kyokushin Fighter

Kyokushin

**DO**

Movement  
*Feel your Body*

Kickboxen  
*Basic*

Enso

Kyokushin

**FR**

Kyokushin Welpen

Kyokushin Monster

Kyokushin Fighter

Sparring  
*nach Absprache*

Parents Fit

Parents Fit

**SA  
SO**

Kein Training  
*reserviert für Seminare, Veranstaltungen*