

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

15:30-16:15h 5-6 y

Kids Martial Arts Basics

Ivo Ivanov

15:30-16:15h 5-6 y

Kids Martial Arts Basics

Marva Kuebler

15:30-16:15h 5-6 y

Kids Martial Arts Basics

Ivo Ivanov

15:30-16:15h 5-6 y

Kids Martial Arts Basics

Ivo Ivanov

15:30-16:30h 8+ y

Parcour

Yi-Chung Chen

15:30-16:15h 6-8 y

Kids Kickboxing

Dennis Unterweger

15:30-16:15h 6-8+ y

Kids Shaolin Kung Fu

Jie Rui Zhang

16:30-17:30h 9-12 y

Kids Kickboxing

Shanice Danz

16:30-17:30h 9-12y

Kids Kickboxing

Dennis Unterweger

16:30-17:30h 9-12 y

Kids Kickboxing

Ilya Sivkov

16:30-17:30h 9-12 y

Teens Shaolin Kung Fu

Jie Rui Zhang

16:30-17:30h 13+ y

Teens MMA

Hamza Dağdeviren

16:30-17:30h 10-13 y

Kids Grappling

Marva Kuebler

16:30-17:30h 13+ y

Teens Boxing

Dennis Unterweger

16:30-17:30h 13+ y

Teens Muay Thai

Ilya Sivkov

17:30-18:30h 13+ y

Teens Kickboxing

Shanice Danz

17:30-18:30h 13+ y

Teens Boxing

Dennis Unterweger

17:30-18:30h 13+ y

Teens Muay Thai

Ilya Sivkov

17:30-18:30h 13+ y

Teens Shaolin Kung Fu

Jie Rui Zhang

KIDS SCHEDULE

KURSPLAN



Martial Arts
Yoga
Fitness
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