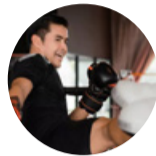




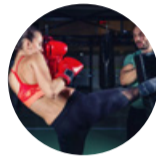
**BUDO
SPORTCENTER
MÜNSTER**

Trainingsplan

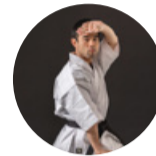
Montag



18:00 – 19:00
Kickboxen



19:00 – 20:00
Kickboxen



20:00 – 21:00
Karate
Erwachsene

Dienstag



16:30 – 17:30
Ju-Jitsu Combat
Kinder 8-12 Jahre



17:45 – 19:00
Martial Arts Sports



19:30 – 20:30
Power Yoga

Mittwoch



16:30 – 17:30
Karate Kinder
5-9 Jahre



17:30 – 18:30
Karate Kinder
10-13 Jahre



18:30 – 20:00
Karate
Erwachsene



20:00 – 21:15
Ju-Jitsu Combat
Erwachsene

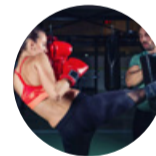
Donnerstag



16:30 – 17:30
Ju-Jitsu Combat
Kinder 8-12 Jahre



18:00 – 19:00
Kickboxen



19:00 – 20:00
Kickboxen

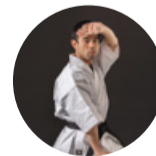
Freitag



16:00 – 17:00
Karate Kinder
5-9 Jahre



17:00 – 18:00
Karate Kinder
10-13 Jahre

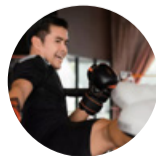


18:00 – 19:30
Karate
Erwachsene



19:30 – 20:45
Ju-Jitsu Combat
Erwachsene

Samstag



10:30 – 11:30
Kickboxen



11:45 – 13:00
Martial Arts Sports