

| ZEIT | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
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# DIE SPORTSCHULE

FITNESS UND KAMPFKUNST

|               | KICKBOX-FITNESS                      | AiKiDō  | KICKBOX-FITNESS                      | AiKiDō  |                                      |
|---------------|--------------------------------------|---|--------------------------------------|---|--------------------------------------|
| 15:00 - 15:45 | <b>KICK MINIS</b><br>4 – 6 J.        |   | <b>KICK MINIS</b><br>4 – 6 J.        |   |                                      |
| 16:00 - 17:00 | <b>KICK KIDS</b><br>6 – 9 J.         | <b>AiKiDō KIDS</b><br>7 – 9 J.                | <b>KICK KIDS</b><br>6 – 9 J.         | <b>AiKiDō KIDS</b><br>7 – 9 J.                | <b>KICK KIDS</b><br>ANFÄNGER         |
| 17:15 - 18:15 | <b>KICK TEENS</b><br>9 – 12 J.       | <b>AiKiDō TEENS</b><br>10 – 14 J.             | <b>KICK TEENS</b><br>9 – 12 J.       | <b>AiKiDō TEENS</b><br>10 – 14 J.             | <b>KRAV MAGA</b><br>SELF DEFENCE     |
| 18:30 - 19:30 | <b>KICK STUDENTEN</b><br>AB 12 JAHRE | <b>AiKiDō STUDENTEN</b><br>AB 14 JAHRE BIS... | <b>KICK STUDENTEN</b><br>AB 12 JAHRE | <b>AiKiDō STUDENTEN</b><br>AB 14 JAHRE BIS... | <b>KICK STUDENTEN</b><br>AB 12 JAHRE |
| 19:30 – 20:30 | <b>Matten – Reinigung</b>            | <b>KRAV MAGA</b><br>SELF DEFENCE              | <b>Matten - Reinigung</b>            | <b>Matten - Reinigung</b>                     |                                      |