

# Trainingsplan ab September 2025

| <u>MONTAG</u>                                                   | <u>DIENSTAG</u>                         | <u>MITTWOCH</u>                          | <u>DONNERSTAG</u>                                | <u>FREITAG</u>                  | <u>SAMSTAG</u>                                   |
|-----------------------------------------------------------------|-----------------------------------------|------------------------------------------|--------------------------------------------------|---------------------------------|--------------------------------------------------|
|                                                                 | 15:45 – 16:45<br>Kinderselbstbehauptung |                                          |                                                  |                                 | 11:00 – 12:00<br>Entspannung & innere Balance    |
| 16:30 – 17:30<br>Kempo Karate Kids                              |                                         | 16:30 – 17:30<br>Kids Karate             |                                                  | 16:30 – 17:30<br>GJJ Kids       |                                                  |
| 17:30 – 18:30<br>Qi Gong<br>Traditionell ähnlich<br>Ba Duan Jin | 17:00 – 18:00<br>Protactics             | 17:30 – 18:30<br>Fortgeschrittene Karate |                                                  | 17:30 – 18:30<br>GJJ Erwachsene | Ab 15:30<br>offene Matte<br>(nach Absprache)     |
| 18:30 – 20:00<br>Ryukyu Kempo traditionell, Jugend & Erwachsene | 18:00 – 19:30<br>Thaiboxen/ Kickboxen   | 18:30 – 20:00<br>Kempo Erwachsene        | 17:30 – 19:00<br>Teens Kickboxen                 | 18:30 – 20:00<br>Thaiboxen      | <u>SONNTAG</u>                                   |
|                                                                 | 19:30 – 20:30<br>Irish Stick Fighting   |                                          | 19:00 – 20:00<br>Fitness Kickboxen               |                                 | 10:00 – 11:00<br>Krav Maga / Kapap<br>Kinder     |
| 20:00 – 21:30<br>Fitness-Kickboxen                              |                                         | 20:00 – 21:00<br>Stretching              | 20:00 – 21:30<br>Krav Maga / Kapap<br>Erwachsene |                                 | 11:00 – 12:30<br>Krav Maga / Kapap<br>Erwachsene |
|                                                                 |                                         |                                          |                                                  |                                 |                                                  |