

FERIEN - Trainingszeiten MUDO KWAN Sportschule

Werner-von-Siemens-Str. 1, 25479 Ellerau

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Stand: 1. Oktober 2023

| | | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|----|----|--|----------|--|--|---------|
| 14 | 00 | | | | | |
| | 30 | | | | | |
| 15 | 00 | | | 15.00 LD-Spielzeit | | |
| | 30 | | | 15.15 – 16.00 Lil' Dragon ab 3 Jahre | | |
| 16 | 00 | | | | | |
| | 15 | | | | | |
| | 30 | | | 16.15-17.15 KARATE TAEKWONDO KICKBOXEN | | |
| 17 | 00 | | | | | |
| | 15 | | | | | |
| | 30 | | | | | |
| 18 | 00 | | | | | |
| | 30 | | | | | |
| 19 | 00 | 19.00-20.30 KARATE TAEKWONDO KICKBOXEN | | | 19.00-20.30 KARATE TAEKWONDO KICKBOXEN | |
| | 30 | | | | | |
| 20 | 00 | | | | | |
| | 30 | 20.30-21.00 Sparring | | | 20.30-21.00 Sparring | |
| 21 | 00 | | | | | |
| | 30 | | | | | |