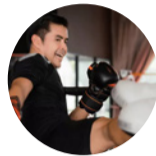




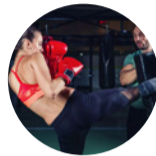
**BUDO  
SPORTCENTER  
MÜNSTER**

# Trainingsplan

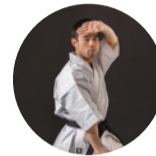
Montag



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  
MMA



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

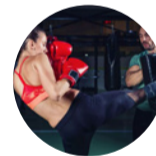
Donnerstag



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

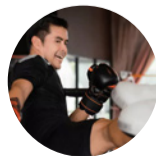


18:00 – 19:30  
Karate  
Erwachsene



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

Samstag



10:30 – 11:30  
Kickboxen



11:45 – 13:00  
MMA