

Trainingszeiten

Buddha Sports

MO	DI	MI	DO	FR	SA	SO
18:00 - 19:00 Kickboxen	16:00 - 17:00 Kids Kickboxen	18:00 - 19:00 Kickboxen	16:00 - 17:00 Kids Kickboxen	18:30 - 20:00 Kajukenbo	11:00 - 12:00 Ladies Kickboxen	
19:00 - 20:00 Stretch & Mobility	17:00 - 18:00 Teens Kickboxen	18:30 - 20:00 Kajukenbo	17:00 - 18:00 Teens Kickboxen		12:00 - 13:00 Ladies Boxfitness	
20:00 - 21:00 Boxfitness	18:00 - 19:00 Ladies Kickboxen	19:30 - 20:30 Boxfitness	18:30 - 19:30 Ladies Boxfitness			
20:00 - 21:30 Karate Kyokushinkai	19:00 - 20:15 Ladies Boxfitness	20:00 - 21:30 Karate Kyokushinkai	19:30 - 20:30 Stretch & Mobility			