

TRAININGSZEITEN



SPORTSCHULE CHOI



KRAV MAGA
ProCon

Headquarters Berlin



SAMI Ausbildungsakademie

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2	GYM 1	GYM 2
				KRAV MAGA Basic 11.00 – 12.00						KRAV MAGA ProKIDS (8-15 Jahre) 10.30 – 11.30	
				SAMI-X Pro KAPAP 12.00 – 13.00						KRAV MAGA Mix 12.00 – 13.30	
Taekwondo KIDS 1 (5-7 Jahre) 16.15 - 17.00				Taekwondo KIDS 1 (5-7 Jahre) 16.15 - 17.00							Freitraining Luta Livre/MMA 13.00-14.30
Taekwondo KIDS 2 (8-12 Jahre) 17.00 - 18.00		Junior Kickboxing (9-15 Jahre) 17.00 – 18.00		Taekwondo KIDS 2 (8-12 Jahre) 17.00 - 18.00							
Taekwondo 18.15 – 19.45	Freitraining 18.00 – 19.00	KRAV MAGA Basic 18.00 – 19.15*	FREE Open Mat Luta Livre 18.00 – 19.00	SAMI-X PANANTUKAN 18.00 – 19.00	CROSS FITness 18.00 – 18.45	Junior Kickboxing (9-15 Jahre) 17.30 – 18.30		Taekwondo 18.00 – 19.00			
	Luta Livre 19.00 – 20.00	SAMI-X KNIFE FIGHTING 19.30 – 20.30	YOGA 19.30 – 21.00	KRAV MAGA Basic 19.00 – 20.00	Luta Livre 19.00 – 20.00	Taekwondo 19.00 – 20.00	SAMI X Panantukan / Knife Fighting 18.30 – 20.00	KRAV MAGA Basic 19.15 – 20.15*	FREE Open Mat Luta Livre 19.15 – 20.15		
Kickboxing 20.00 – 21.00	SAMI-X Pro KAPAP	Kickboxing Sparring optional ab 21.30 Uhr 20.30 – 22.00	KRAV MAGA Sparring optional ab 21.30 Uhr (ab Basic-Stufe 2) 20.30 – 22.00	Kickboxing 20.00 – 21.00	SAMI-X Pro KAPAP	KRAV MAGA Basic 20.15 – 21.30	YOGA 20.15 – 21.45	Kickboxing 20.30 – 21.30			
Kickboxing Fortgeschrittene 21.00 – 21.30				KRAV MAGA Basic 20.15 – 21.30					Kickboxing Fortgeschrittene 21.00 – 21.30	KRAV MAGA Basic 20.15 – 21.30	FREE Open Mat Luta Livre 20.15 – 21.30

Trainingsplan Stand 08-2024