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	**Freitraining** Luta Livre/MMA 12.00-13.30
Taekwondo KIDS 1 (5-7 Jahre) 16.15 - 17.00				**Taekwondo KIDS 1** (5-7 Jahre) 16.15 - 17.00							
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** 18.15 – 19.45	**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		**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*	**Freitraining** 19.15 – 20.15		
Kickboxing 20.00 – 21.00	**SAMI-X Pro KAPAP** /	**Kickboxing** Sparring optional ab 21.30 Uhr		**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	**KRAV MAGA** Sparring optional ab 21.30 Uhr (ab Basic-Stufe 2) 20.30 – 22.00		**Kickboxing** Fortgeschrittene 21.00 – 21.30	/ **KRAV MAGA** Basic 20.15 – 21.30	**FREE Open Mat Luta Livre** 20.15 – 21.30					

Trainingsplan Stand 11-2026

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