

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 Basic Puls 130 12.00 – 13.00	
Taekwondo KIDS 1 (5-7 Jahre) 16.15 - 17.00				Taekwondo KIDS 1 (5-7 Jahre) 16.15 - 17.00						KRAV MAGA Basic 1+2 13.15 – 14.30	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						KRAV MAGA Sparring 14.30 – 15.00	
Taekwondo 18.15 – 19.45	Freitraining 18.00 – 19.00	KRAV MAGA Basic 18.00 – 19.15*	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	SAMI X Panantukan / Knife Fighting 18.30 – 20.00	Taekwondo 18.00 – 19.00			
	Luta Livre 19.00 – 20.00	SAMI-X KNIFE FIGHTING 19.30 – 20.30	YOGA 19.30 – 20.45	KRAV MAGA Basic 19.00 – 20.00	Luta Livre 19.00 – 20.00	Taekwondo 19.00 – 20.00		KRAV MAGA Basic 19.15 – 20.15*	Freitraining 19.00 – 20.30		
Kickboxing 20.00 – 21.00	SAMI-X Pro KAPAP KRAV MAGA Basic 20.15 – 21.30	Kickboxing 20.30 – 21.30	KRAV MAGA Basic 2 20.30 – 21.30	Kickboxing 20.00 – 21.00	SAMI-X Pro KAPAP KRAV MAGA Basic 20.15 – 21.30	KRAV MAGA Basic 20.15 – 21.30	YOGA 20.15 – 21.30	Kickboxing 20.30 – 21.30			
Kickboxing Fortgeschrittene 21.00 – 21.30		Kombi Sparring Fortgeschrittene (Kickboxen + KRAV MAGA B2) 21.30 – 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 11-2022