

Trainingszeiten

Buddha Sports

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