

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 Boxfitness | 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 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 Stretch & Mobility + Meditation | 19:00 - 20:15 Ladies Boxfitness | | 18:30 - 19:30 Ladies Boxfitness | | | |
| | | | 19:30 - 20:30 Stretch & Mobility + Meditation | | | |

Stand:04.02.2025