

Online Kurse

Montag

- KARATE 16:00 - 17:00
- Body Workout 17:30 - 18:30

Dienstag

- KICKBOXEN 18:00 - 19:00

Mittwoch

- KARATE 16:00 - 17:00
- Body Workout 17:30 - 18:30

Donnerstag

- KICKBOXEN 18:00 - 19:00

Freitag

- Body Dynamik 17:00 - 18:00