



## Trainingsorte:

- Feldkirchen: Hohenlindenerstr. 11a, 85622 Feldkirchen (V-itness)
- Forstenried: Forstenrieder Allee 175, 81476 München (Grundschulturnhalle)
- Berg-am-Laim: Berg-am-Laim-Str 142, 81677 München (Grundschulturnhalle)
- Innsbrucker Ring 75, 81671 München (Förderzentrum)
- Trudering: Feldbergstr. 85, 81825 München (Schulturnhalle 2)

## Alle Trainingszeiten:

|        | Montag                | Montag                | Dienstag                 | Mittwoch                 | Donnerstag            | Donnerstag        | Samstag         | Sonntag                |
|--------|-----------------------|-----------------------|--------------------------|--------------------------|-----------------------|-------------------|-----------------|------------------------|
| Ort    | Forstenried           | Feldkirchen           | BAL-Innsbr.R.            | Feldkirchen              | Trudering             | BAL-Str.          | Feldkirchen     | Trudering              |
| Zeit   | 16.30-17:15           |                       |                          | 16.15-17.00              | 16.30-17.15           |                   | 14.30-          | 09.30-<br>15.00        |
|        | 17.15-18:15           | 16.50-17.50           | 17.00-18.00              | 17.00-18.00              | 17:15-18:15           | 17:00-18:00       | 15.30           |                        |
|        | 18:15-19:15           | 16.50-17.50           | 17.45-18.45              | 17.00-18.00              | 18:15-19:15           |                   |                 |                        |
|        | 18:15-19:15           | 16:50-17:50           | 17.45-18.45              | 17:00-18:00              | 18:15-19:15           |                   |                 |                        |
|        |                       |                       | 18:45-19:45              |                          | 18.30-19.15           |                   |                 |                        |
|        |                       |                       | 18:45-20:15              |                          | 19.15-20.45           |                   |                 |                        |
| Gruppe | Karate Little Dragons |                       | Karate Little Dragons    | Karate Little Dragons    | Karate Little Dragons | Karate Big Tigers |                 |                        |
|        | Karate Big Tigers     | Karate Big Tigers     | Karate Big Tigers        | Karate Big Tigers        | Karate Big Tigers     |                   | freies Training | Individuelle Lehrgänge |
|        | Karate Kids           | Karate Kids           | Karate Kids              | Karate Kids              | Karate Kids           |                   |                 |                        |
|        | Erwachsene Einsteiger | Erwachsene Einsteiger | Erwachsene Einsteiger    | Erwachsene Einsteiger    | Erwachsene Einsteiger |                   |                 |                        |
|        |                       |                       | Karate Fortgeschrittene* |                          | Kobudo                |                   |                 |                        |
|        |                       |                       |                          | Karate Fortgeschrittene* |                       |                   |                 |                        |