



**KINGDOM  
OF SPORTS**  
FITNESS • FUNCTIONAL TRAINING • KAMPFSPORT

# KAMPFSPORT - TRAININGSZEITEN

## DELMENHORST

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

08.00 - 09.00

FREIES TRAINING

09.00 - 10.00

FREIES TRAINING

10.00 - 11.00

FREIES TRAINING

11.00 - 12.00

FREIES TRAINING

15.00 - 16.00

FREIES TRAINING

16.00 - 17.00

16.30 - 17.30 UHR  
**KIDS**  
**KICKBOXEN**

16.30 - 17.30 UHR  
**JUDO**  
KIDS

16.30 - 17.30 UHR  
**KIDS**  
**KICKBOXEN**

16.30 - 17.30 UHR  
**JUDO**  
KIDS

FREIES TRAINING

17.00 - 18.00

17.30 - 18.30 UHR  
**KRAV MAGA**  
KIDS

17.30 - 18.30 UHR  
**KRAV MAGA**  
KIDS

FREIES TRAINING

18.00 - 19.00

18.30 - 19.30 UHR  
**K1/KICKBOXEN**

18.30 - 20.00 UHR  
**BOXEN**  
EINSTEIGER/ FORTG.

18.30 - 20.00 UHR  
**K1/KICKBOXEN**

18.30 - 20.00 UHR  
**BOXEN**  
EINSTEIGER/ FORTG.

FREIES TRAINING

19.00 - 20.00

19.00 - 20.00 UHR  
**EMOM**  
EVERY MINUTE ON THE MINUTE  
FUNCTIONAL AREA

19.00 - 20.00 UHR  
**EMOM**  
EVERY MINUTE ON THE MINUTE  
FUNCTIONAL AREA

FREIES TRAINING

20.00 - 21.00

FREIES TRAINING