

TRAININGSZEITEN CROSS COMBAT POWER

Winter 2017

Mondsee:

gültig ab 01.01.2017

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	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08.00-08.30							
08.30-09.00							
09.00-09.30		09.00 - 09.50		09.00 - 09.50			
09.30-10.00		CCP FIT		CCP FIT			
10.00-10.30							
10.30-11.00							
11.00-11.30							
11.30-12.00							
12.00-12.30	Weitere Termine nach Vereinbarung						
12.30-13.00							
13.00-13.30							
13.30-14.00							
14.00-14.30							
14.30-15.00	14.30 - 15.30						
15.00-15.30	Judo Kids Mo						
15.30-16.00	15.45 - 17.00						
16.00-16.30				16.00 - 17.00			
16.30-17.00	Judo Kids MO			Judo Kids TH			16.30 - 17.20
17.00-17.30							CCP FIT
17.30-18.00	17.30 - 18.20	17.30 - 18.20	17.30 - 18.20	17.30 - 18.20			17.30 - 18.20
18.00-18.30	CCP FIT	CCP FIT	CCP FIT	CCP FIT			CCP FIT
18.30-19.00	18.30 - 19.20	18.30 - 19.20	18.30 - 19.20	18.30 - 19.20	18.00 - 19.30		
19.00.-19.30	CCP FIT	CCP FIT	CCP FIT	CCP FIT	Fight Teens		
19.30-20.00	19.30 - 21.00	19.30 - 20.20	19.30 - 21.00	19.30 - 20.20	19.30 - 21.00		
20.00-20.30	CCP Fight	CCP FIT	CCP Fight	Qi Gong/Taiji	CCP Fight		
20.30-21.00	Martial Arts		Martial Arts		Martial Arts		

CROSS COMBAT POWER
 FITNESS UND KAMPSPORT BY BENEDIKT EGGER