

COLPO BASSO COMBAT SYSTEMA SCHULE

April 2024

KW	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sa	So
14	1	2	3	4	5	6	7
	16:00-17:30 All Levels Grappling	17:00-18:30 All Levels Schläge und Kicks	14:30-16:00 All Levels Stöcke 16:00-17:00 Kids Grappling	15:30-17:00 FLINTA* Grappling Open Mats 17:00-18:30 All Levels Open Mats	17:00-18:30 All Levels Open Mats		
15	8	9	10	11	12	13	14
	15:30-17:00 All Levels Open Mats 17:00-18:30 FLINTA*Grappling Open Mats	17:00-18:30 All Levels Open Mats	14:30-16:00 All Levels Open Mats	15:30-17:00 FLINTA* Grappling Open Mats 17:00-18:30 All Levels Open Mats	17:00-18:30 All Levels Open Mats		
16	15	16	17	18	19	20	21
	15:30-17:00 All Levels Grappling 17:00-18:30 FLINTA*Grappling	17:00-18:30 Fortgeschrittenen Training Schläge am Boden	14:30-16:00 All Levels Schläge und Kicks 16:00-17:00 Kids Grappling	15:30-17:00 FLINTA* Grappling 17:00-18:30 All Levels Stöcke	17:00-18:30 Anfänger*innen Training Grappling		
17	22	23	24	25	26	27	28
	15:30-17:00 All Levels Stöcke 17:00-18:30 FLINTA*Grappling	17:00-18:30 Fortgeschrittenen Training Clinch_Knie und Ellbogen	14:30-16:00 All Levels Grappling 16:00-17:00 Kids Grappling	15:30-17:00 FLINTA* Grappling 17:00-18:30 All Levels Schläge und Kicks	17:00-18:30 Anfänger*innen Training Schläge und Kicks		
18	29	30	1	2	3	4	5
	15:30-17:00 All Levels Grappling 17:00-18:30 FLINTA*Grappling	17:00-18:30 All Levels PRESSURE TEST (Laufschuhe mtbringen)					