

COLPO BASSO COMBAT SYSTEMA SCHULE

Februar 2024

KW	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sa	So
	29	30	31	1	2	3	4
5				15:30-17:00 FLINTA* Grappling 17:00-18:30 All Levels Grappling	17:00-18:30 Anfänger*innen Training Grappling		
	5	6	7	8	9	10	11
6	15:30-17:00 All Levels Schläge und Kicks 17:00-18:30 FLINTA*Grappling	17:00-18:30 Fortgeschrittenen Training Messer	14:30-16:00 All Levels Kontrolltechniken 16:00-17:00 Kids Grappling	15:30-17:00 FLINTA* Grappling 17:00-18:30 All Levels Grappling	17:00-18:30 Anfänger*innen Training Schläge und Kicks		
	12	13	14	15	16	17	18
7	15:30-17:00 All Levels Messer 17:00-18:30 FLINTA*Grappling	17:00-18:30 Fortgeschrittenen Training Schläge am Boden	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 Grappling		
	19	20	21	22	23	24	25
8	15:30-17:00 All Levels Kontrolltechniken 17:00-18:30 FLINTA*Grappling	17:00-18:30 Fortgeschrittenen Training Messer	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 Grappling	17:00-18:30 All Levels Open Mats		
	26	27	28	29	1	2	3
9	15:30-17:00 All Levels Messer 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 PRESSURE TEST (Laufschuhe mtbringen)			