



Oberhausen

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
16.00 55' Kids Taekwondo Lv. I		16.00 55' Kids Taekwondo Lv. I		
17.00 60' Kids Taekwondo Lv. II	17.00 45' Little Tigers	17.00 60' Kids Taekwondo Lv. II	17.00 45' Little Tigers	17.00 55' Kids Taekwondo Lv. II
18.00 60' Kickboxen	18.00 60' Open Class	18.00 55' Kickboxen	18.00 60' Open Class	18.00 50' Open Class
19.00 60' Taekwondo	19.00 60' Taekwondo / Hapkido	19.00 60' Taekwondo	19.00 60' Tai Chi Gong	19.00 60' Taekwondo Wettkampf
20.00 60' BAEKHO Yoga		20.00 60' Hapkido		

* Lv. I = Anfänger · Lv. II = Fortgeschrittene

Taekwondo	Mind
Kickboxen	Open Class
Hapkido	Little Tigers