



KARATE CLUB
FRIBOURG

2021-2022
WWW.KCFRIBOURG.CH

dès/ab 30.08.2021

	Lundi Montag	Mardi Dienstag	Mercredi Mittwoch	Jeudi Donnerstag	Vendredi Freitag
1-2 Harmos		16.30-17.30	13.30-14.15*		
3-4 Harmos		16.30-17.30	14.30-15.30*		
5-6 Harmos	15.45-16.45*	17.30-18.30	15.45-16.45*	18.30-19.30	
7-8 Harmos	15.45-16.45*	17.30-18.30	17.00-18.00*	18.30-19.30	
Kumite (dès/ab 7H)	16.45-17.45*			20.30-21.30 randori	20.00-21.00
Ados/Teens	17.45-18.45*	12.15-13.15* 18.30-19.30	18.15-19.15*	19.30-20.30	20.00-21.00 randori
Adultes/Erw.	17.45-18.45* condi	12.15-13.15* 18.30-19.30	19.30-20.45*	19.30-20.30	20.00-21.00 randori
KRAV MAGA	17.45-18.45* condi		19.30-20.30*	20.30-21.30	20.00-21.00 sparring

Lieu/ Ort

Dojo de Marly

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* Dojo du Jura

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