

| <b>dès/ ab 29.08.2022</b> |                            | <b>Lundi<br/>Montag</b>     | <b>Mardi<br/>Dienstag</b>   | <b>Mercredi<br/>Mittwoch</b> | <b>Jeudi<br/>Donnerstag</b> | <b>Vendredi<br/>Freitag</b> |
|---------------------------|----------------------------|-----------------------------|-----------------------------|------------------------------|-----------------------------|-----------------------------|
| <b>KARATE</b>             | <b>1-2 Harmos</b>          |                             | 16.30-17.30                 | 13.30-14.15*                 |                             |                             |
|                           | <b>3-4 Harmos</b>          |                             | 16.30-17.30                 | 14.15-15.15*                 |                             |                             |
|                           | <b>5-6 Harmos</b>          | 15.45-16.45*                | 17.30-18.30                 | 15.15-16.15*                 | 18.30-19.30                 |                             |
|                           | <b>7-8 Harmos</b>          | 16.45-17.45*                | 17.30-18.30                 | 17.15-18.15*                 | 18.30-19.30                 |                             |
|                           | <b>Kumite</b>              | 17.45-18.45*<br>(dès/ab 7H) | 18.30-19.30<br>(dès/ab 7H)  | 16.15-17.15*<br>(dès/ab 5H)  | 19.30-20.30<br>(dès/ab 7H)  |                             |
|                           | <b>Ados</b> <i>Teens</i>   | 16.45-17.45*                | 12.15-13.15*<br>18.30-19.30 | 18.15-19.15*                 | 19.30-20.30                 |                             |
|                           | <b>Adultes</b> <i>Erw.</i> | 17.45-18.45*<br>(condi)     | 12.15-13.15*<br>18.30-19.30 | 19.30-20.45*                 | 19.30-20.30                 |                             |
| <b>KRAV MAGA</b>          | <b>Adultes</b> <i>Erw.</i> | 17.45-18.45*<br>(condi)     |                             | 19.30-20.30*                 | 20.30-21.30                 |                             |

**Lieu/ Ort**

**Dojo de Marly**  
\* **Dojo du Jura**

Rte de Fribourg 5a, 1723 Marly  
Av. Général-Guisan 59-61, 1700 Fribourg

[ka-reta@hispeed.ch](mailto:ka-reta@hispeed.ch)  
077 500 4231