

TRAINING SCHEDULE 2023/24

	TUESDAY	FRIDAY	SATURDAY	SUNDAY
10:00-11:00			Kids A	
11:15-12:15			Kids B	
10:00-11:30				Advanced
16:00-17:30			Beginners A	
17:45-19:15			Beginners B	
19 :30-21 :00			Intermediate	
18:00-19:30	Beginners A	Beginners B		
19:45-21:15	Intermediate (+ Advanced)	Coming soon		

Gruppen	Max. Umeldungen
Kids A	15
Kids B	15
Beginners A	25
Beginners B	25
Intermediate	36
Advanced	20
Coming soon	/

SFMP: Strength, Flexibility, Mobility & Parkour