

MASAO GRAPPLING LINGEN (EMS) E.V.

KURSPLAN

MONTAGS	DIENSTAGS	MITTWOCHS	DONNERSTAGS	FREITAGS	SAMSTAGS	SONNTAGS
Grappling 18:00 - 20:00	Ringen Kids 17:00 - 18:00	Grappling Kids 17:00 - 18:30	Ringen Kids 17:00 - 18:00	Ringen 14:30 - 16:00		Kickboxen K1 16:30 - 18:30
	Ringen 18:00 - 19:30	Grappling 19:00 - 21:00				
K1 Kickboxen 20:00 - 21:30			Ringen 18:00 - 19:30	Grappling Kids 16:30 - 18:00		
			K1 Kickboxen 19:30 - 21:00	Grappling 18:00 - 20:00		