

MASAO GRAPPLING LINGEN (EMS) E.V.

KURSPLAN

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---|--|--|--|--|--|--|
| Grappling 18:00 - 20:00 | Ringen Kids 17:00 - 18:00 | Grappling Kids 17:00 - 18:00 | Ringen Kids 17:00 - 18:00 | Ringen 14:30 - 16:00 | K1 Kickboxen 11:00 - 13:00 | Open Mat nach Absprache |
|  | Ringen 18:00 - 19:30 | Grappling 19:00 - 21:00 |  |  |  |  |
| K1 Kickboxen 20:00 - 21:30 |  |  | Ringen 18:00 - 19:30 | Grappling Kids 17:00 - 18:00 |  | |
| | | | K1 Kickboxen 19:30 - 21:00 | Grappling 18:00 - 20:00 | | |