

dès/ab 01.09.2025		Lundi Montag	Mardi Dienstag	Mercredi Mittwoch	Jeudi Donnerstag	Vendredi Freitag
KARATE	1-2 Harmos		16.30-17.30 ^M	13.30-14.15 ^J		16.15-17.00 ^B
	3-4 Harmos	16.30-17.30 ^J	16.30-17.30 ^M	14.15-15.15 ^J		17.00-18.00 ^B
	5-8 Harmos	17.30-18.30 ^J	17.30-18.30 ^M	15.15-16.15 ^J 15.30-16.30 ^B	18.30-19.30 ^M	18.00-19.00 ^B
	KUMITE	19.30-20.45 ^J dès/ab 7H (Fitness+Sparring)		16.30-17.30 ^B dès/ab 5H		19.00-20.15 ^B dès/ab 7H (Fitness+Sparring)
	Ados Teens	18.30-19.30 ^J	18.30-19.30 ^M	17.30-18.30 ^B	19.30-20.30 ^M	19.00-20.15 ^B (Fitness+Stretching)
	Adultes Erw. Seniors Senioren	18.30-19.30 ^J	12.15-13.15 ^J 18.30-19.30 ^M	19.30-20.45 ^J	19.30-20.30 ^M	19.00-20.15 ^B (Fitness+Stretching)
KRAV MAGA	Adultes Erw.	19.30-20.45 ^J (Fitness+KravBoxing)		18.30-19.30 ^B	20.30-21.30 ^M	19.00-20.15 ^B (Fitness+KravBoxing)

Lieu/ Ort

^M Marly Dojo

^J Jura Dojo

^B Beaumont Dojo

Route de Fribourg 5a, 1723 Marly

Av.Général-Guisan 59-61, 1700 Fribourg

Route de Beaumont 16, 1700 Fribourg

www.kcfribourg.ch
info@kcfribourg.ch

077 500 4231