

LESROOSTER



Geldig vanaf 1 juli 2020

Defence Academy - Koningstraat 34 - 2671 JV - Naaldwijk - Telefoon: 0174-768029 - Mobiel: +31 6-52 08 70 04

MAANDAG

| | | |
|-------------|----------------------------------|--------------------------|
| 07.00-07.55 | Boksen/Boksconditie * | <i>Sparren optioneel</i> |
| 09.00-09.55 | FitCombat: no contact kickboxing | |
| 17.45-18.25 | CrossTraining | |
| 18.30-19.25 | FitCombat: no contact kickboxing | |
| 19.30-20.25 | Kickboksen / SANDA | <i>Sparringscontact</i> |
| 20.30-21.25 | Boksen/Boksconditie * | <i>Sparren optioneel</i> |

DINSDAG

| | | |
|-------------|----------------------------------|--------------------------|
| 16.00-16.40 | Kung Fu Kids 5-8 jaar Panda's | |
| 16.45-17.40 | Kung Fu Kids 9-13 jaar | |
| 17.45-18.40 | Kickboksen Kids 10-14 jaar | <i>Sparren optioneel</i> |
| 18.45-19.10 | FitCombat Short & Heavy | |
| 19.15-20.10 | FitCombat: no contact kickboxing | |
| 20.15-21.25 | Combat Wing Chun Kung Fu | <i>Sparringscontact</i> |

WOENSDAG

| | | |
|-------------|----------------------------------|--------------------------|
| 07.00-07.55 | Boksen/Boksconditie * | <i>Sparren optioneel</i> |
| 09.00-09.55 | FitCombat: no contact kickboxing | |
| 15.45-16.25 | Kung Fu Kids 5-8 jaar Panda's | |
| 16.30-17.25 | Kung Fu Kids 9-13 jaar | |
| 17.30-18.25 | Kickboksen Kids 10-14 jaar | <i>Sparren optioneel</i> |
| 18.30-19.10 | CrossTraining | |
| 19.15-20.10 | Kickboksen / SANDA | <i>Sparringscontact</i> |
| 20.15-21.10 | FitCombat: no contact kickboxing | |

DONDERDAG

| | | |
|-------------|----------------------------------|-------------------------|
| 16.00-16.40 | Kung Fu Kids 5-8 jaar Panda's | |
| 16.45-17.40 | Kung Fu Kids 9-13 jaar | |
| 17.45-18.40 | FitCombat: no contact kickboxing | |
| 18.45-19.10 | CrossTraining Short & Heavy | |
| 19.15-20.25 | Combat Wing Chun Kung Fu | <i>Sparringscontact</i> |
| 20.30-21.25 | Kickboksen / SANDA | <i>Sparringscontact</i> |

VRIJDAG

| | | |
|-------------|----------------------------------|--------------------------|
| 10.00-10.55 | FitCombat: no contact kickboxing | |
| 17.45-18.25 | CrossTraining | |
| 18.30-19.25 | Boksen/Boksconditie * | <i>Sparren optioneel</i> |
| 19.30-20.25 | FitCombat: no contact kickboxing | |

ZATERDAG

| | | |
|-------------|----------------------------------|--|
| 09.15-09.55 | Kung Fu Kids 5-8 jaar Panda's | |
| 10.00-10.55 | Kung Fu Kids 9-13 jaar | |
| 11.00-11.40 | CrossTraining | |
| 11.45-12.40 | FitCombat: no contact kickboxing | |

ZONDAG

| | | |
|-------------|-------------------------------|--|
| 10.00-12.00 | Vrije training (alle sporten) | |
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*Boksen/Boksconditie lessen vallen binnen het (Kick)boksen/Sanda/Master abonnement.

WIJ ZIJN OPEN: Dagelijks, een kwartier voordat de 1e les start.

PARKEREN: Albert Hein terrein (100 m lopen).



www.DefenceAcademy.nl - www.FitCombat.nl

(bijgewerkt tot juli 2020)