

Kursplan SAFEHAUS e.V.

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
16:00	Open					Workshops/ externe Angebote
16:30-17:15			SafeKids 8-12		SafeTeens 13-17	
17:30-18:15	SafeFIT ab 14 	SafeFIT ab 14 	SafeTeens 13-17	SafeFIT ab 14 	SafeKids 8-12	
18:30-19:15	SafeBoxing ab 14	SafeDefence Anfänger 	SafeBoxing ab 14	SafeDefence Fortgeschrittene 	SafeLadies	
19:30-20:15	SafeDefence All levels 	SafeDefence Fortgeschrittene 	SafeLadies	SafeDefence Anfänger 	SafeDefence All levels 	
20:30	Abschluss/ Community					

Legende:



Online & Vorort



Level 1



Level 2



Level 3

Vorläufige Version

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