

Trainingszeiten Dornbirn

| Trainingszeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|---------------|---|--|--|--|---|------------------------|
| 10:00 - 12:00 | | | | | | Fight Club Alle |
| 15:15 - 16:30 | | | | | Kung Fu Kinder (8-10 Jahre) | |
| 17:00 - 18:15 | | Brazilian Jiu Jitsu (Kinder 8-14 Jahre) | Kung Fu Kinder (5-7 Jahre) | | Kung Fu Kinder (11-14 Jahre) | |
| 17:15 - 18:15 | | Eskrima Kinder (Kinder 9-14 Jahre) | | | | |
| 18:00 - 19:00 | | | | Qi Gong | | |
| 18:45 - 20:00 | Tai Chi Chuan (Anfänger) | | | | | |
| 18:45 - 20:15 | | | | | | |
| 19:00 - 20:15 | | | | Eskrima | | |
| 19:00 - 20:30 | | Kung Fu Erwachsene (Anfänger) | | | Kung Fu Erwachsene (Fortgeschrittene / Anfänger) | |
| 20:30 - 22:00 | Tai Chi Chuan (Fortgeschrittene) | Grappling | Tai Chi Chuan (Anfänger / Fortgeschrittene) | Kung Fu Erwachsene (Anfänger) | Grappling | |
| | | Brazilian Jiu Jitsu (Alle) | | | Brazilian Jiu Jitsu (Alle) | |