



TRAININGSPLAN/TRAINING SCHEDULE

FREITAG/FRIDAY 02.10.2020

U12/U14 18.00-19.15h NIKA	U16/U18 19.30-20.45h NIKA	SENIORS 21.00-22.00h NIKA
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SAMSTAG/SATURDAY 03.10.2020

U12/U14 09.00-10.00h ILJA	U16/U18 10.15-11.15h CHRISTIAN	SENIORS 11.30-12.30h NIKA
12.45-13.45h CHRISTIAN	14.00-15.00h NIKA	15.15-16.15h ILJA
16.30-17.30h NIKA	17.45-18.45h ILJA	19.00-20.00h CHRISTIAN

SONNTAG/SUNDAY 04.10.2020

U12/U14 09.00-10.00h NIKA	U16/U18 10.15-11.15h CHRISTIAN	SENIORS 11.30-12.30h ILJA
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ORT/PLACE: DÜLMENER STR. 163/ 46286 DORSTEN/GERMANY
LG-GEBÜHR/FEES: 3 TAGE: 45,00€/ 2 TAGE: 40,00€/ 1 TAG 30,00€
INFO/REGISTRATION: FON: 0171-312 08 74 MAIL: NIKAKARATE@YAHOO.DE
LIMIT: MAX. 30 PERSONEN JE GRUPPE!/MAX. 30 PERSONS EACH GROUP!

ÄNDERUNGEN VOR ORT VORBEHALTEN/CHANGES OF THE SCHEDULE POSSIBLE