



Trainingsplan Sommerferien 22.07. - 30.08.2024



Woche	Montag	Dienstag	Mittwoch
1 22.07. - 26.07.2024		16.00 – 17.00 R.S.F. Concept Tigerclub	
	18.00 – 19.00 RSF Concept Youth Protect	17.15 – 18.15 R.S.F. Concept Tigerclub	17.00 – 18.00 RSF Concept Tigerclub
	19.30 - 21.00 R.S.F. Concept Combatives		19.00 – 20.30 R.S.F. Concept Combatives nach Absprache
2 29.07. - 02.08.2024		16.00 – 17.00 R.S.F. Concept Tigerclub	
		17.15 – 18.15 R.S.F. Concept Tigerclub	17.00 – 18.00 RSF Concept Tigerclub
	19.30 - 21.00 R.S.F. Concept Combatives		19.00 – 20.30 R.S.F. Concept Combatives nach Absprache
3 05.08. - 09.08.2024			
	19.30 - 21.00 R.S.F. Concept Combatives		19.00 – 20.30 R.S.F. Concept Combatives nach Absprache
4 12.08. - 16.08.2024			
	19.30 - 21.00 R.S.F. Concept Combatives		19.00 – 20.30 R.S.F. Concept Combatives nach Absprache
5 19.08. - 23.08.2024		16.00 – 17.00 R.S.F. Concept Tigerclub	
	18.00 – 19.00 RSF Concept Youth Protect	17.15 – 18.15 R.S.F. Concept Tigerclub	17.00 – 18.00 RSF Concept Tigerclub
	19.30 - 21.00 R.S.F. Concept Combatives		19.00 – 20.30 R.S.F. Concept Combatives nach Absprache
6 26.08. - 30.08.2024		16.00 – 17.00 R.S.F. Concept Tigerclub	
	18.00 – 19.00 RSF Concept Youth Protect	17.15 – 18.15 R.S.F. Concept Tigerclub	17.00 – 18.00 RSF Concept Tigerclub
	19.30 - 21.00 R.S.F. Concept Combatives		19.00 – 20.30 R.S.F. Concept Combatives nach Absprache