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|  | **Krav Volw/ teens** | **Krav kids/ kiddies** | **Krav gevorderd** | **Bokszak** | **Boksen** | **Kickboksen** | **KB jeugd** | **Mma** | **S&C** | **Yoga** | **Open mat** | **Eskrima** |
| Vrijdag  18-7 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag  19-7 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag  20-7 | 14.00-15.15 | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag  21-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinsdag  22-7 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag  23-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Donderdag  24-7 |  |  |  |  |  |  |  | 17.45-18.45 |  |  |  |  |

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|  | **Krav Volw/ teens** | **Krav kids/ kiddies** | **Krav gevorderd** | **Bokszak** | **Boksen** | **Kickboksen** | **KB jeugd** | **Mma** | **S&C** | **Yoga** | **Open mat** | **Eskrima** |
| Vrijdag  25-7 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag  26-7 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  |  |
| Zondag  27-7 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag  28-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinsdag  29-7 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag  30-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Donderdag  31-7 |  |  |  |  |  |  |  | 17.45-18.45 |  | 19.00-20.00 |  |  |

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|  | **Krav Volw/ teens** | **Krav kids/ kiddies** | **Krav gevorderd** | **Bokszak** | **Boksen** | **Kickboksen** | **KB jeugd** | **Mma** | **S&C** | **Yoga** | **Open mat** | **Eskrima** |
| Vrijdag  1-8 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag  2-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  |  |
| Zondag  3-8 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag  4-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag  5-8 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag  6-8 | 19.00-20.15 |  |  |  |  |  | 16.00-17.00 |  |  |  |  |  |
| Donderdag  7-8 |  |  |  |  |  |  |  | 17.45-18.45 |  | 19.00-20.00 |  |  |

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|  | **Krav Volw/ teens** | **Krav kids/ kiddies** | **Krav gevorderd** | **Bokszak** | **Boksen** | **Kickboksen** | **KB jeugd** | **Mma** | **S&C** | **Yoga** | **Open mat** | **Eskrima** |
| Vrijdag  8-8 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag  9-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag  10-8 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag  11-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag  12-8 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag  13-8 | 19.00-20.15 |  |  |  |  |  | 16.00-17.00 |  |  |  |  |  |
| Donderdag  14-8 |  |  |  |  |  |  |  | 17.45-18.45 |  | 19.00-20.00 |  |  |

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|  | **Krav Volw/ teens** | **Krav kids/ kiddies** | **Krav gevorderd** | **Bokszak** | **Boksen** | **Kickboksen** | **KB jeugd** | **Mma** | **S&C** | **Yoga** | **Open mat** | **Eskrima** |
| Vrijdag  15-8 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag  16-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag  17-8 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag  18-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag  19-8 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag  20-8 | 19.00-20.15 |  |  |  |  |  | 16.00-17.00 |  |  |  |  |  |
| Donderdag  21-8 |  |  |  |  |  |  |  | 17.45-18.45 |  |  |  |  |

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|  | **Krav Volw/ teens** | **Krav kids/ kiddies** | **Krav gevorderd** | **Bokszak** | **Boksen** | **Kickboksen** | **KB jeugd** | **Mma** | **S&C** | **Yoga** | **Open mat** | **Eskrima** |
| Vrijdag  22-8 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag  23-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag  24-8 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag  25-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag  26-8 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag  27-8 | 19.00-20.15 |  |  |  |  |  | 16.00-17.00 |  |  |  |  |  |
| Donderdag  28-8 |  |  |  |  |  |  |  | 17.45-18.45 |  |  |  |  |

**VRIJDAG ZATERDAG ZONDAG GEEN LESSEN DEZE WEEK**