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|  | **Krav Volw/ teens**  | **Krav kids/ kiddies**  | **Krav gevorderd**  | **Bokszak**  | **Boksen**  | **Kickboksen** | **KB jeugd** | **Mma** | **S&C** | **Yoga** | **Open mat** | **Eskrima** |
| Vrijdag18-7 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag19-7 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag20-7 | 14.00-15.15 | 13.00-13.50  |  | 10.00-11.00  |  |  |  |  |  |  | 11.00-13.00  |  |
| Maandag21-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinsdag22-7 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag23-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Donderdag24-7 |  |  |  |  |  |  |  | 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** |
| Vrijdag25-7 |  |  | 20.30-21.45  |  |  |  |  |  |  |  |  |  |
| Zaterdag26-7 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  |  |
| Zondag27-7 | 14.00-15.00  | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00  |  |
| Maandag28-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinsdag29-7 |  |  |  | 20.30-21.30  | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag30-7 |  |  |  |  |  |  |  |  |  |  |  |  |
| Donderdag31-7 |  |  |  |  |  |  |  | 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** |
| Vrijdag1-8 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag2-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  |  |
| Zondag3-8 | 14.00-15.00 | 13.00-13.50  |  | 10.00-11.00  |  |  |  |  |  |  | 11.00-13.00  |  |
| Maandag4-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag5-8 |  |  |  | 20.30-21.30  | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag6-8 | 19.00-20.15 |  |  |  |  |  | 16.00-17.00  |  |  |  |  |  |
| Donderdag7-8 |  |  |  |  |  |  |  | 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** |
| Vrijdag8-8 |  |  | 20.30-21.45  |  |  |  |  |  |  |  |  |  |
| Zaterdag9-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag10-8 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00 |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag11-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag12-8 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag13-8 | 19.00-20.15  |  |  |  |  |  | 16.00-17.00 |  |  |  |  |  |
| Donderdag14-8 |  |  |  |  |  |  |  | 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** |
| Vrijdag15-8 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag16-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag17-8 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00  |  |  |  |  |  |  | 11.00-13.00 |  |
| Maandag18-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag19-8 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag20-8 | 19.00-20.15  |  |  |  |  |  | 16.00-17.00  |  |  |  |  |  |
| Donderdag21-8 |  |  |  |  |  |  |  | 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** |
| Vrijdag22-8 |  |  | 20.30-21.45 |  |  |  |  |  |  |  |  |  |
| Zaterdag23-8 |  |  |  |  |  |  |  |  | 09.30-10.30 |  |  | 10.30-11.30 |
| Zondag24-8 | 14.00-15.00 | 13.00-13.50 |  | 10.00-11.00  |  |  |  |  |  |  | 11.00-13.00  |  |
| Maandag25-8 |  |  |  |  |  | 20.15-21.15 |  |  |  |  |  |  |
| Dinsdag26-8 |  |  |  | 20.30-21.30 | 19.00-20.15 |  |  |  |  |  |  |  |
| Woensdag27-8 | 19.00-20.15  |  |  |  |  |  | 16.00-17.00  |  |  |  |  |  |
| Donderdag28-8 |  |  |  |  |  |  |  | 17.45-18.45 |  |  |  |  |

**VRIJDAG ZATERDAG ZONDAG GEEN LESSEN DEZE WEEK**