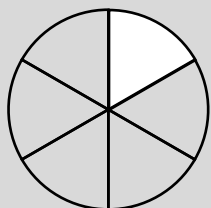


Treningsplan Porsgrunn TKD – Høst 2020 - Melkeveien



MANDAG

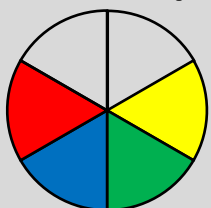
17:45 / 60 min



Barn

Dina

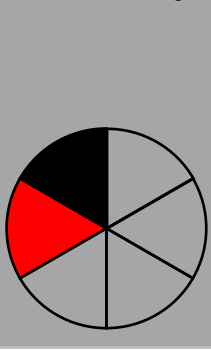
19:00 / 60 min



Barn

Svein Erik

20:00 / 90 min

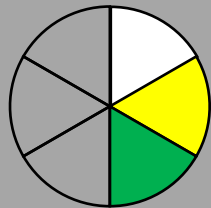


Junior
Voksen

Thomas

TIRSDAG

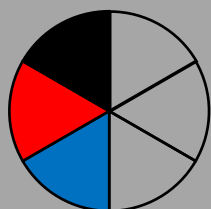
17:30 / 90 min



Junior
Voksen

Roman

19:00 / 90 min

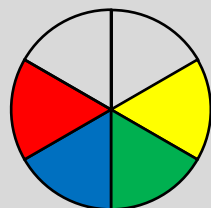


Junior
Voksen

Daniel

ONSDAG

17:30 / 60 min



Barn

Magne

18:30 / 60 min



Foreldre
& Barn

Knut

19:30 / 90 min

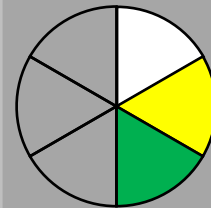


18+

Knut

TORSDAG

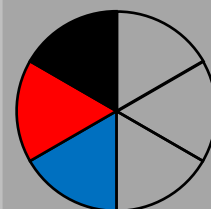
17:30 / 90 min



Junior
Voksen

Sven Ivar

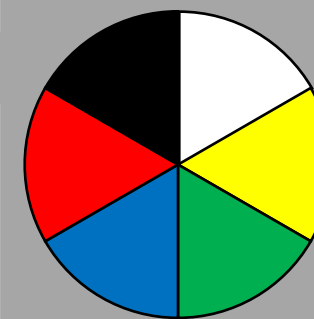
19:00 / 90 min



Junior
Voksen

Aksel

FREDAG - SØNDAG



Egentrening

Følg gruppen i SPOND
«interessert i egentrening»