



Vielfalt in  
Bewegung

# Kickboxing for young women

## Powerful, united, self-empowered

Here you can try yourself out and feel your strength - in an atmosphere of appreciation, diversity and shared movement. We support each other and learn from each other. Here, kickboxing means empowerment, respect and the joy of movement - for beginners and experienced participants



Are you interested?

Come and join us!

Where? Franz-Hermann-Haus, Sundgaullee 8, 79110 Freiburg

When? from 13.08. 25 - 29.10.25 **every Wednesday 6-7 pm**

Who? Young women (14-27 years) from Freiburg

How? Free of charge and without registration!

**Come along and join us - we look forward to seeing you!**

Caritasverband Freiburg-Stadt e.V. - Abteilung Familien und Bildung  
Sundgaullee 8 - 79110 Freiburg Telefon (07 61) 790321-10 vielfalt-in-  
bewegung@caritas-freiburg.de  
www.caritas-freiburg.de



Caritasverband  
Freiburg-Stadt e.V.



www.der-inklusionsverband.de