

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? **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!

