

Uhrzeit	Mo	Di	Mi	Do	Fr	Sa	So	Uhrzeit		
08:00								08:00		
08:15								08:15		
08:30								08:30		
08:45								08:45		
09:00	SAW				SAW			09:00		
09:15									09:15	
09:30									09:30	
09:45									09:45	
10:00						Senioren- Gymnastik >60 a 10:00-11:30	JUDO 10:00-11:30 Erwachsene + Jugendliche KATA + GP Frank+Nico		10:00	
10:15										10:15
10:30										10:30
10:45								10:45		
11:00							11:00			
11:15							11:15			
11:30							11:30			
11:45							11:45			
12:00						JU JUTSU 12:00-13:30 Jugendliche + Erwachsene Anfänger + Fortgeschrittene Alexander	12:00			
12:15							12:15			
12:30							12:30			
12:45							12:45			
13:00							13:00			
13:15							13:15			
13:30							13:30			
13:45							13:45			
14:00							14:00			
14:15							14:15			
14:30							14:30			
14:45	Mo	Di	Mi	Do	Fr	Sa	So	14:45		
15:00								15:00		
15:15								15:15		
15:30								15:30		
15:45								15:45		
16:00								16:00		
16:15								16:15		
16:30								16:30		
16:45								16:45		
17:00								17:00		
17:15								17:15		
17:30								17:30		
17:45								17:45		
18:00		JU JUTSU 18:00-19:15 Erwachsene >14 a Anfänger + Fortgeschrittene Rudi	KARATE 18:00-19:15 Jugendliche + Erwachsene Anfänger + Fortgeschrittene Michael & Team	Freizeitgruppe 18:00-21:00 Volleyball in den Ferien Erwachsene >16 a Norbert / Frank	KARATE 18:00-19:15 Jugendliche + Erwachsene Anfänger + Fortgeschrittene Michael & Team			18:00		
18:15										18:15
18:30								18:30		
18:45								18:45		
19:00		JUDO (Outdoor/Indoor) Erwachsene >16 a Anfänger + Fortgeschrittene Norbert / Frank						19:00		
19:15								19:15		
19:30		JUDO 19:30-21:00 Erwachsene >16 a Fortgeschr./Wettk. Stefan S.	JUDO 19:30-20:45 Jugendliche >14 a Fortgeschr. Marco		Filipino Fighting Arts 19:30-21:30 Erwachsene >18 a Anfänger + Fortgeschrittene Markus			19:30		
19:45									19:45	
20:00								20:00		
20:15								20:15		
20:30	Filipino Fighting Arts ab 20:30 Erwachsene >18 a Anfänger + Fortgeschrittene Markus							20:30		
20:45								20:45		
21:00								21:00		
21:15								21:15		
21:30								21:30		
21:45								21:45		
22:00								22:00		
22:15								22:15		

Uhrzeit	Mo	Di	Mi	Do	Fr	Sa	So	Uhrzeit
08:00								08:00
08:15								08:15
08:30								08:30
08:45								08:45
09:00								09:00
09:15								09:15
09:30								09:30
09:45								09:45
10:00								10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00								11:00
11:15								11:15
11:30								11:30
11:45								11:45
12:00								12:00
12:15								12:15
12:30								12:30
12:45								12:45
13:00								13:00
13:15								13:15
13:30								13:30
13:45	Mo	Di	Mi	Do	Fr	Sa	So	13:45
14:00								14:00
14:15								14:15
14:30								14:30
14:45								14:45
15:00								15:00
15:15								15:15
15:30								15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30								16:30
16:45								16:45
17:00								17:00
17:15								17:15
17:30								17:30
17:45								17:45
18:00					SHUAI JIAO 18:00-19:30			18:00
18:15					Erwachsene			18:15
18:30					Anfänger +			18:30
18:45					Fortgeschrittene			18:45
19:00					Tom			19:00
19:15								19:15
19:30	JUDO	SHUAI JIAO						19:30
19:45	Kata	19:30-22:00						19:45
20:00	Erwachsene	Erwachsene						20:00
20:15								20:15
20:30		Anfänger +						20:30
20:45	Anke / Verena	Fortgeschrittene						20:45
21:00								21:00
21:15								21:15
21:30								21:30
21:45		Tom						21:45
22:00								22:00
22:15								22:15
22:30								22:30
22:45								22:45
23:00								23:00