

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
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14:45	Mo	Di	Mi	Do	Fr	Sa	So	14:45
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15:15								15:15
15:30								15:30
15:45								15:45
16:00								16:00
16:15								16:15
16:30	JUDO-ZOOM 16:30-17:30 Kinder 6 - 12 a Fortgeschrittene Eva+Artjoms				JUDO-ZOOM 16:30-17:30 Kinder 6 - 12 a Fortgeschrittene Eva+Ivan			16:30
16:45								16:45
17:00				JUDO-ZOOM 17:00-18:00 Kinder 6 - 12 a Anfänger+Fortgeschrittene Steffen+Irena				17:00
17:15								17:15
17:30								17:30
17:45								17:45
18:00	Filipino Fighting Arts-ZOOM 18:00-19:30 Erwachsene >18 a	JU JUTSU-ZOOM 18:00-19:30 Erwachsene >14 a Anfänger + Fortgeschrittene	KARATE-ZOOM 18:00-19:30 Jugendliche + Erwachsene Anfänger + Fortgeschrittene	JU JUTSU-ZOOM 18:00-19:30 Jugendliche 8 - 16 a Anfänger + Fortgeschrittene	KARATE-ZOOM 18:00-19:30 Jugendliche + Erwachsene Anfänger + Fortgeschrittene			18:00
18:15								18:15
18:30								18:30
18:45								18:45
19:00	JUDO-ZOOM 19:00-20:30 Erwachsene >16 a Anfänger + Fortgeschrittene	Rudi	Michael & Team	Yveuf / Rudi	Michael & Team			19:00
19:15								19:15
19:30			JUDO-ZOOM 19:30-21:00 Jugendliche >14 a Fortgeschr.	JUDO-ZOOM 19:30-21:00 Erwachsene >16 a Anfänger + Fortgeschrittene	Filipino Fighting Arts-ZOOM 18:00-19:30			19:30
19:45								19:45
20:00	Norbert / Frank		Marco	Norbert / Frank	Erwachsene >18 a Anfänger + Fortgeschrittene			20:00
20:15								20:15
20:30								20:30
20:45								20:45
21:00					Markus			21:00
21:15								21:15
21:30								21:30
21:45								21:45
22:00								22:00
22:15								22:15