

Trainingsplan Karate (Corona)

		15:00		16:00		17:00		18:00		19:00		20:00		21:00		22:00	
		15:30		16:30		17:30		18:30		19:30		20:30		21:30			
Montag	Judo					16:30-17:45	X	X		18:15-19:30	X	X	20:00-21:15				
	Gymnastik				Gym. 15:45-16:45 kl.Dojo												
	Aikido						Entfällt			18:30-19:45		X					
	Karate												X	20:15-21:30 offen Oberstufe-Michael z.Z. kein Training			
Dienstag	Ju Jutsu						17:00-18:00	X	X	X	18:45-19:45	X	X	20:15-21:30			
	Aikido										18:30-19:30	X	X				
	Karate				15:45-16:45 Kinder-Juliane	X	X	17:15-18:15 Kinder-Juliane						20:00-21:15 offen Unterstufe-Tim		X	
Mittwoch	Judo		X	15:15-16:15	X	X	16:45-17:45	X	X	18:15-19:30	X	X	20:00-21:15				
	Aikido																
	Karate						17:00-18:00 Jugend-Thomas	X	X	18:30-19:45 Jugend Thomas	X	X	20:15-21:30 Mix - Roland				
Donnerstag	JU Jutsu						17:00-18:15	X	X	18:45-19:45	X	X	20:45-21:30				
	Gymnastik				Gym. 15:45-16:45 gr. Dojo												
	Aikido					16:30-18:00				19:00-21:00							
Freitag	Judo			15:30-16:30	X	X	17:00-18:15						X	20:15-21:30			
	Ju Jutsu									X	18:45-19:45	X					
	Karate				15:45-16:45 Kinder-Christina	X	X	17:15-18:30 Kinder-Aaron	X	X	19:00-20:00 Mittelstufe-Roland	X	X	20:30-21:45 Oberstufe-Roland			