

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
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						
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13:00 - 13:15						
13:15 - 13:30						
13:30 - 13:45						
13:45 - 14:00						
14:00 - 14:15						
14:15 - 14:30						Bambini (3-5 Jahre) 14:00 -15:00
14:30 - 14:45						
14:45 - 15:00						
15:00 -15:15						Freies Training (Fortgeschrittene) 15:00 - 16:00
15:15 - 15:30						
15:30 - 15:45						
15:45 - 16:00						
16:00 -16:15						
16:15 - 16:30						Freies Training (Erwachsene) 16:00 - 17:00
16:30 - 16:45						
16:45 - 17:00						
17:00 - 17:15			Bambini (3-5 Jahre) 16:30 - 17:30			
17:15 - 17:30						
17:30 - 17:45	Kick Boxen (ab 12 J.) 17:00 - 18:30					
17:45 - 18:00				Ju-Jutsu (Anfänger) 17:30 - 18:30	Kick Boxen (Anfänger) 17:30 - 18:30	
18:00 - 18:15		Ju-Jutsu (ab 12 J.) 18:00 - 19:30				T.S.D. 17:30 - 19:00
18:15 - 18:30						
18:30 - 18:45				Ju-Jutsu (Fortgeschrittene) 18:30 - 19:30	Kick Boxen (Fortgeschrittene) 18:30 - 19:30	
18:45 - 19:00	Wirbelsäulengymnastik 18:30 - 19:30		T.S.D. 18:30 - 20:00			
19:00 - 19:15						
19:15 -19:30						
19:30 - 19:45						
19:45 - 20:00						
20:00 - 20:15	T.S.D. 19:30 - 21:00	T.S.D. 19:30 - 21:00		Ju-Jutsu (Erwachsene) 19:30 - 21:00	Kick Boxen (Erwachsene) 19:30 - 21:00	
20:15 - 20:30						
20:30 - 20:45						
20:45 - 21:00			Wirbelsäulengymnastik 20:00 -21:00			
21:00 - 21:15						
21:15 - 21:30						
21:30 - 21:45						
21:45 - 22:00						