

|             | Montag        |              | Dienstag      |              | Mittwoch              |              |             | Donnerstag    |              | Freitag       |              | Samstag                             |              | Sonntag                   |              |
|-------------|---------------|--------------|---------------|--------------|-----------------------|--------------|-------------|---------------|--------------|---------------|--------------|-------------------------------------|--------------|---------------------------|--------------|
|             | große Halle   | kleine Halle | große Halle   | kleine Halle | große Halle           | kleine Halle | Medi. Halle | große Halle   | kleine Halle | große Halle   | kleine Halle | große Halle                         | kleine Halle | große Halle               | kleine Halle |
| 11:00-11:30 |               |              |               |              | Pilates               |              |             |               |              |               |              |                                     |              |                           |              |
| 11:30-12:00 |               |              |               |              | 11:00-12:00           |              |             |               |              |               |              |                                     |              |                           |              |
| 12:00-12:30 |               |              |               |              |                       |              |             |               |              |               |              |                                     |              |                           |              |
| 12:30-13:00 |               |              |               |              |                       |              |             |               |              |               |              | Kata-Lern-Training<br>12:00 - 13:30 |              | 5x5 Kata<br>12:00 - 13:30 |              |
| 13:00-13:30 |               |              |               |              |                       |              |             |               |              |               |              |                                     |              |                           |              |
| 15:30-16:00 | Kids 6-9      |              |               |              |                       |              |             | Kids 6-9      |              |               |              | Prüfvorber. ab 3. Kyu               |              |                           |              |
| 16:00-16:30 | 15:30 - 16:30 |              |               |              |                       |              |             | 15:30 - 16:30 |              |               |              | 13:30-14.30                         |              |                           |              |
| 16:30-17:00 | Jugend 10-14  |              |               |              |                       |              |             | Jugend 10-14  |              |               |              |                                     |              |                           |              |
| 17:00-17:30 | 16:30 - 18:00 |              |               |              |                       |              |             | 16:30 - 18:00 |              |               |              |                                     |              |                           |              |
| 17:30-18:00 |               | Jugend +     | Faszien-Yoga  |              |                       |              |             |               |              |               |              |                                     |              |                           |              |
| 18:00-18:30 | Yoga          |              | 17:30 - 18:30 |              | Anfänger              |              | Zen         | Yoga          |              | Anfänger      |              |                                     |              | TaiChi                    |              |
| 18:30-19:00 | 18:00 - 19:00 |              | O-Stufe       |              | 18:00 - 19:30         |              | Meditation  | 18:00 - 19:00 |              | 18:00 - 19:30 |              |                                     |              | 18:00 - 19:00             |              |
| 19:00-19:30 | Allgemein     |              | Kata          |              |                       |              |             | U-Stufe       |              |               |              |                                     |              |                           |              |
| 19:30-20:00 | 19:00 - 20:30 |              | 18:30-19:45   |              | Mittelstufe 4.-6. Kyu |              |             | 19:00 - 20:15 |              | Allgemein     |              |                                     |              |                           |              |
| 20:00-20:30 |               |              | U-Stufe       |              | 19:30 - 21:00         |              |             | O-Stufe       |              | 19:30 - 21:00 |              |                                     |              |                           |              |
| 20:30-21:00 |               |              | 19:45-21:00   |              |                       |              |             | 20:15 - 21:30 |              |               |              |                                     |              |                           |              |
| 21:00-21:30 |               |              |               |              |                       |              |             |               |              |               |              |                                     |              |                           |              |

Achtung: Jugend + im Multifunktionsraum 17:45-18:20  
 Prüfvorbereitung ab 6. Kyu jeden Samstag  
 5x5 Kata ab 3. Kyu  
 Kumite ab 3.Kyu