

# Trainingsplan

## Fitness/Tae Bo

Montag	Tae Bo	12.10 - 13.10h
Montag	Tae Bo/Basics	18.00 - 19.00h
Montag	Tae Bo/Fortg.	20.15 - 21.15h
Dienstag	Aerobic	09.30 - 10.30h
Dienstag	Tae Bo	12.10 - 13.10h
Dienstag	Fitness	14.10 - 15.10h
Mittwoch	Fitness	12.15 - 13.00h
Mittwoch	Tae Bo/Fortg.	18.00 - 19.00h
Donnerstag	Fitness	09.30 - 10.30h
Donnerstag	Tae Bo	12.10 - 13.10h
Donnerstag	Aerobic/Step	17.30 - 18.30h
Donnerstag	Tae Bo/Basics	18.00 - 19.00h
Freitag	Tae Bo	12.10 - 13.10h
Freitag	Tae Bo	17.45 - 18.45h
Samstag	Fitness	09.15 - 10.15h
Samstag	Tae Bo	12.15 - 13.30h

## Judo Vorschulalter (5/6 Jährige)

Montag	Anf./Fortg.	15.15 - 16.15h
Donnerstag	Anf./Fortg.	15.15 - 16.15h

## Judo Kinder (ab 7 Jahren)

Montag	Fortg.	16.30 - 17.45h
Mittwoch	Anf.	13.45 - 15.00h
Mittwoch	Fortg.	15.15 - 16.30h
Mittwoch	Fortg.	16.45 - 18.00h
Donnerstag	Anf.	16.30 - 17.45h
Freitag	Fortg.	13.30 - 14.45h
Freitag	Fortg.	15.00 - 16.15h
Freitag	Fortg.	16.30 - 17.45h

## Judo

Dienstag	Fortg./Randori	20.15 - 21.45h
Mittwoch	Anf./Fortg.	18.30 - 20.00h
Donnerstag	Fortg./Randori	20.15 - 21.45h
Freitag	Fortg./Randori	18.30 - 20.00h

## Ju-Jitsu Kinder (ab 10 Jahren)

Dienstag	Anf./Fortg.	16.45 - 18.15h
Samstag	Anf./Fortg.	10.30 - 11.45h

## Ju-Jitsu

Montag	Fortg.	18.30 - 20.00h
Mittwoch	Fortg./Fighting	20.15 - 21.45h
Donnerstag	Anf./Fortg.	18.30 - 20.00h
Freitag	Fortg.	20.15 - 21.45h

## Aikido

Dienstag	Anf./Fortg.	19.30 - 21.00h
Mittwoch	Anf./Fortg.	11.45 - 13.00h
Donnerstag	Fortg.	20.15 - 21.45h
Samstag	Anf./Fortg.	10.30 - 12.00h

## Kick-Boxing

Montag	Anf.	19.00 - 20.15h
Montag	Fortg./Randori	20.00 - 21.30h
Dienstag	Anf.	18.00 - 19.15h
Dienstag	Fortg.	18.15 - 20.15h
Mittwoch	Anf.	19.00 - 20.15h
Mittwoch	Fortg.	20.15 - 21.45h
Donnerstag	Fortg.	19.00 - 20.15h
Freitag	Fortg.	17.00 - 18.30h
Freitag	Fortg./Randori	18.45 - 20.15h
Freitag	Anf.	20.15 - 21.30h

## Karate (Goju Ryu)

Mittwoch	Anf./Fortg.	20.15 - 21.45h
Freitag	Anf./Fortg.	20.15 - 21.45h

## Freies Training

Samstag	Alle Diszipl.	12.00 - 14.00
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## Sauna/Solarium

nach Reservation