Dojobelegung Sportcenter Arashi

Judo / Aikido | Karate / Vermietet | Ju-Jutsu / Boxen | FanatiX / Kurse | Freies. Train. / Tatami Soc.

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
	A	B	A	B	A	B	A	B	A	B	A	B
10:00											10:00-11:00 Freies Training	
11:00											11:00-12:00 Judo Tech 15 ab 7 J Hans	
12:00											12:00-13:00 Judo Fun 16 Anf. Ab 4 J Hans	
13:00												
14:00												
15:00	15:30-16:30 Judo Fun 1 Anf. Ab 4 Marco											
16:00		16:30-17:30 Judo Tech 2 g+ ab 7 Hannes			16:30-17:30 Judo Tech 5 G-Go ab 7 J. Marco				16:00-17:00 Judo Tech 10 Anf. Ab 7 Marco	16:45-17:45 Karate 3 Fort. Kristina		
17:00	17:-19:00 Judo Randori u11/u14 Marco Verein 1		17:00-18:00 Ju-Jutsu 1 8-12 J. Julien	17:00 - 18:00 Karate 1 8 - 12 J. Kristina	17:30-19:00 Judo Tech 6 O-Br 11+ Hannes		17:00-18:30 Judo Randori alle AK Jeffry Verein 3	17:30-20:00 FanatiX Crew Professionel Voll	17:00-18:00 Judo Tech 13 WG/GO voll Marco			
18:00		18:30-20:00 FanatiX Crew Professional	18:00 - 19:00 Ju-Jutsu 2 ab 12 J. Julien	18:00 - 19:00 Karate 2 ab 12 J. Kristina			18:30-20:00 Tatami Soccer		18:00-19:00 Judo Tech 13 O-Br. Ab 12 Hannes			
19:00	19.00-20:30 Judo Randori u17/u20 Erwachsene Andreas Verein 2			19:00-20:30 Streetdance FanatiX ab 14 J. MiX L-Cubano	19:30-21:00 Ju-Jutsu 3 Jug. + Erw. Bernd				19:15-20:15 Ju-Jutsu 5 ab 12 J Leo			
20:00		20:00-21:30 Aikido 1 Erwachsene Anf. - Fort. Dieter						20:00-21:30 Aikido 2 Erwachsene Anf. - Fort. Dieter				
21:00												