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		B	A	B	A	B
10:00											10:00-11:00 Freies Training	
11:00											11:00-12:00 Judo Tech 15 ab 7 Anf.	
12:00											12:00-13:00 Judo Fun 16 Anf. ab 4 Hans	
13:00												
14:00												
15:00	15:30-16:30 Judo Fun 1 Anf. Ab 4 Marco											
16:00	16:30-18:00 Judo Randori U-9/U-11	16:30-17:30 Judo Tech 2 ab 7 voll Hannes			16:30-17:30 Judo Tech 5 wg/G ab 7 J. Marco					16:45-17:45 Karate 3 W-G 8-12 Kristina		
17:00	Marco Verein 1	17:30-18:30 Streetdance ab 10 MiX	17:00-18:00 Ju-Jutsu 1 6-10 Anf. Julien	17:00-18:00 Karate 1 Fort. 12-18 Kristina	17:30-19:00 Judo Tech 6 G-Bl 11+ Hannes Jeffry		17:30-18:30 Judo Tech 9 WG 8-12 Hannes	17:30-20:00 FanatiX Crew Professionel Voll Boo, UgiX, MiX L-Cubano, Iron-H Fresh-s-kid	17:00-18:00 Judo Tech 13 8-12 Anf. Marco			
18:00	17:30-19:00 Judo Randori U-14 JVB Train. Andreas Verein 2	18:30-20:00 FanatiX Crew Professionel Boo, UgiX, MiX L-Cubano, Iron-H Fresh-s-kid	18:00-19:00 Ju-Jutsu 2 Anf. VOLL Uwe	18:00-19:00 Karate 2 Anf. 8-12 Kristina	19:00-20:00 Ju-Jutsu 3 Jug. + Erw. Uwe		18:30-20:00 Tatami Soccer Marco		18:00-19:00 Judo Tech 14 G-Or 8-13 Hannes			
19:00	19:00-20:30 Judo Randori U17/U20 Erwachsene			19:00-20:30 Streetdance Fanatix ab 14 Jahre MiX L-Cubano					19:15-20:15 Ju-Jutsu 5 G+ ab 14 Mario			
20:00		20:00-21:30 Aikido 1 Erwachsene Anf. - Fort. Dieter					20:00-21:30 Judo Tech Erwachsene Verein 4 Hannes	20:00-21:30 Aikido 2 Erwachsene Anf. - Fort. Dieter				
21:00												