

STUNDENPLAN

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | DONNERSTAG HOESTETTEN | FREITAG |
|-------|------------------|----------------|--------------------|------------|--------------------------|-----------------|
| 08:00 | | TRX | | TRX | | |
| 08:15 | | Gruppe | | Gruppe | | |
| 08:30 | | A | | 60 + | | |
| 08:45 | | Hanspi | | Hanspi | | |
| 09:00 | | TRX | | TRX | | |
| 09:15 | | Gruppe | | Gruppe | | |
| 09:30 | | Auf Anfrage | | C | | |
| 09:45 | | Hanspi | | Hanspi | | |
| 10:00 | | | | | | |
| 10:15 | | | | | | |
| 10:30 | | | | | | |
| 10:45 | | | | | | |
| 11:00 | | | | | | |
| 15:00 | | | freiw. | | | |
| 15:15 | | | Schulsport | | | |
| 15:30 | | | | | | |
| 15:45 | | | Hanspi | | | |
| 16:00 | | | | | | |
| 16:15 | | | | | | |
| 16:30 | | | | | | |
| 16:45 | | | | | | |
| 17:00 | Judo | Judo | | Judo | | |
| 17:15 | Kinder | Schüler | | Kinder | | Judo / Ju-Jitsu |
| 17:30 | Hanspi / Quentin | Hanspi / Nilan | | Hanspi | | |
| 17:45 | | | | | | |
| 18:00 | Ju-Jitsu | Judo | TRX | Judo | | Alle |
| 18:15 | Jugend | Auf Anfrage | Gruppe | Schüler | | Alle |
| 18:30 | | Hanspi | B | Hanspi | | Hanspi / Alex |
| 18:45 | | | Hanspi | | | |
| 19:00 | Jean-Luc/ Roland | | | TRX | Ju-Jitsu | |
| 19:15 | | | | Gruppe | Jugend | Kata |
| 19:30 | Ju-Jitsu | | Ju-Jitsu | D | | Alle |
| 19:45 | Erwachsene & | | Jugend/ Erwachsene | Hanspi | Jean-Luc/ Roland | Bitte Anmelden |
| 20:00 | Jugend | | | | | SJV aproved |
| 20:15 | | | | | | |
| 20:30 | | | JL/ R / C / HP | | | |
| 20:45 | Jean-Luc/ Roland | | | | | Hanspi |