

Trainingszeiten - ZEN SHIN DS102 - Horaires d'entraînement

Montag/Lundi			Dienstag/Mardi			Mittwoch/Mercredi			Donnerstag/Jeudi			Freitag/Vendredi			Samstag/Samedi								
Dojo	1	2	Dojo	1	2	Dojo	1	2	Dojo	1	2	Dojo	1	2	Dojo	1	2						
8:00			8:00			8:00			8:00			8:00			8:00								
8:15			8:15	QI-GONG	Free Training	8:15			8:15	Free Training	Free Training	8:15			8:15								
8:30			8:30	TAIJI-QUAN 08:15-09:15 ALLE/TOUS		8:30			8:30					8:30			8:30						
9:00			9:00			9:00			9:00					9:00			9:00						
9:15			9:15			9:15			9:15					9:15			9:15						
9:30	YOGA 09:30-10:30		9:30	KARATE 09:30-10:30 ALLE/TOUS		9:30			9:30					9:30		CARDIO KICK&BOX 09:30-10:30	9:30						
10:00			10:00		10:00			10:00			10:00			10:00									
10:30			10:30	KARATE 10:30-12:00 SKS + RK KATA	10:30			10:30	KARATE 10:30-12:00 SKS + RK KUMITE	10:30			10:30			10:30							
11:00			11:00		11:00			11:00			11:00			11:00			11:00						
11:30			11:30		11:30			11:30			11:30			11:30			11:30						
12:00			12:00			12:00			12:00			12:00			12:00			12:00					
12:15			12:15			12:15			12:15			12:15			12:15			12:15					
12:30			12:30			12:30			12:30			12:30	YOGA 12:15-13:00		12:30			12:30					
13:00			13:00			13:00			13:00			13:00			13:00			13:00					
16:30	KARATE 16:30-17:30 U8 OS		16:30	Free Training	Free Training	16:30	KARATE 16:30-17:30 U8 OS	Free Training	16:30	Free Training	Free Training	16:30			16:30			16:30					
16:45		KARATE 16:45-17:45 U8 US	16:45			16:45			16:45			16:45		16:45			16:45			16:45			
17:00			17:00	KARATE 17:00-18:00 U14 US		17:00	KARATE 16:30-17:30 U8 OS		17:00	KARATE 17:00-18:00 U14 US		17:00	KARATE 17:00-18:30 WK U16 + RK KATA	17:00	KARATE 16:45-17:45 U08 SP-1	17:00			17:00				
17:15			17:15			17:15			17:15			17:15		17:15		17:15			17:15				
17:30	KARATE 17:30-19:00 WK U16 + RK KATA KUMITE		17:30			17:30	KARATE 17:30-19:00 WK U16 + RK KUMITE		17:30	KARATE 17:45-18:45 U16 OS		17:30		17:30		17:30		17:30			17:30		
17:45		KARATE 17:45-18:45 U16 OS	17:45		17:45		17:45		17:45		17:45		17:45		17:45			17:45					
18:00			18:00	KARATE 18:00-19:30 WK ERW + RK KATA KUMITE	Free Training	18:00	KARATE 18:45-19:45 ERW US	Free Training	18:00	KARATE 18:00-19:30 WK ERW + RK KUMITE	Free Training	18:00	KARATE 17:45-18:45 U16 SP-2	18:00			18:00						
18:15			18:15			18:15			18:15			18:15		18:15		18:15			18:15				
18:30			18:30			18:30			18:30			18:30		18:30		18:30			18:30				
18:45		KARATE 18:45-19:45 ERW US	18:45			18:45			18:45			18:45		18:45		18:45		18:45			18:45		
19:00	KARATE 19:00-20:00 Ü40 OS		19:00			19:00	KARATE 19:00-20:00 Ü40 OS		19:00	KARATE 18:45-19:45 ERW US		19:00		19:00		19:00	KARATE 18:30-20:00 WK ERW + RK KATA	19:00			19:00		
19:15			19:15		19:15		19:15		19:15		19:15		19:15		19:15			19:15					
19:30			19:30	TAIJI-QUAN 19:30-20:30 SCHWERT/ ÉPÉE	KRAV-MAGA 19:15-20:45 ALLE/TOUS	19:30		19:30	TAIJI-QUAN 19:30-20:30 ALLE/TOUS	KRAV-MAGA 19:15-20:45 ALLE/TOUS	19:30		19:30		19:30			19:30					
19:45			19:45			19:45		19:45			19:45		19:45		19:45			19:45					
20:00			20:00			20:00		20:00			20:00		20:00		20:00			20:00					
20:15		KICK-BOX 19:45-21:15 ALLE/TOUS	20:15			20:15		20:15			20:15		20:15		20:15			20:15					
20:30	KARATE 20:00-21:30 ERW OS		20:30			20:30		20:30			20:30		20:30		20:30			20:30					
20:45			20:45	Free Training	Free Training	20:45	KARATE 20:00-21:30 ERW OS	Free Training	20:45	Free Training	Free Training	20:45		20:45			20:45						
21:00			21:00			21:00			21:00			21:00		21:00		21:00			21:00				
21:15			21:15			21:15			21:15			21:15		21:15		21:15			21:15				
21:30			21:30			21:30			21:30			21:30		21:30		21:30			21:30				

Legende / Légendes:



- Dojo 1 = Gross Grande U8 / U14 / U16 = Kinder Enfants US = Unterstufe Niveau inférieur SKS = Schule/Sport/Kultur Ecole/Sport/Culture
- Dojo 2 = Klein Petite ERW / Ü40 = Erwachsene Adultes OS = Oberstufe Niveau avancé RK = Regio Kader Cadre regional
- WK = Wettkampftraining Entraînement de compétition KO = Konditionstraining für alle Condition physique pour tous SP = Freiwilliger Schulsport Sport d'école facultatif