ZEN SHIN DS102

Trainingszeiten / Horaîres d'entraînement

Zeit/Tag	Montag		Zeit/Tag	Dienstag		Zeit/Tag	Mittwoch		Zeit/Tag	Donnerstag		Zeit/Tag	Freitag		Zeit/Tag	Samstag	
Dojo	Holz	Blau	Dojo	Holz	Blau	Dojo	Holz	Blau	Dojo	Holz	Blau	Dojo	Holz	Blau	Dojo	Holz	Blau
8:00			8:00			8:00			8:00			8:00			8:00		
8:15			8:15	Taiji Chen	Free Training	8:15			8:15	Qigong	Free Training	8:15			8:15		
8:30			8:30			8:30			8:30			8:30			8:30	KA Nati-Team Kadertraining 1/Mt.	KA Nati-Team Kadertraining 1/Mt.
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 (ab September 18 / dès Septembre 18)		9:30	KA Er Alle		9:30			9:30	KA Er Alle		9:30		Cardio Kick & Box	9:30		
10:00			10:00			10:00			10:00			10:00			10:00		
10:30			10:30	KA SKS + RK Kata		10:30			10:30	KA SKS + RK Kumite		10:30			10:30		
11:00			11:00			11:00			11:00			11:00			11:00		
11:30			11:30			11:30			11:30			11:30			11:30		
12:00			12:00			12:00			12:00			12:00			12:00		
12:15			12:15			12:15			12:15			12:15	Yoga (ab September 18 / dès Septembre 18)		12:15		
12:30			12:30			12:30			12:30			12:30			12:30		
13:00			13:00			13:00			13:00			13:00			13:00		
16:30			16:30			16:30			16:30			16:30			16:30	KA Kata Workshop 1/Mt. Diverse Workshops & Seminare	
17:00	KA Bonsai U8 OS 5-7 J.	KA Bonsai U8 US 5-7 J.	17:00	Free Training	Free Training	17:00	KA Bonsai U8 OS 5-7 J.	PlusSport Karate	17:00	Free Training	Free Training	17:00	KA Ki U08 SP-1	KA Ki U16 SP-2	17:00		
17:30			17:30	KA U14 + RK Kumite		17:30			17:30			17:30			17:30		
18:00	KA Ki U16 OS	KA Ki U14 US	18:00		KA 14+ Warm-Up	18:00	KA Ki U16 OS	KA Ki U14 US	18:00		KO 18:00-19:15	18:00	KA RK Kata	KB Ki U16 SP-2	18:00		
18:30			18:30	KA 14+ + RK Kumite	Free Training	18:30			18:30			18:30			18:30		
19:00	KA Er US bis 4.Kyu	KA Er 40+	19:00		KM Basic	19:00	KA Er US bis 4.Kyu	KA Er 40+	19:00			19:00		KB US	19:00		
19:30			19:30	Taiji Schwert		19:30			19:30	Taiji Young	KM Alle	19:30	Free Training		19:30		
20:00	KA Er OS	KB Alle	20:00		KM Advanced	20:00	KA Er OS	KB Alle	20:00			20:00		KB Sparring (ab /dés orange)	20:00		
20:30			20:30	Free Training		20:30			20:30	Free Training		20:30			20:30		
21:00			21:00			21:00			21:00			21:00			21:00		
21:30			21:30			21:30			21:30			21:30			21:30		

Legende / Légendes:		KA	=	Karate-Do	KM	=	Krav-Maga	Ki	=	Kinder Enfants	Er	=	Erwachsene Adultes	US	=	Unterstufe Niveau inférieur	
		KB	=	Kick-Boxing	KO	=	Konditionstraining für alle Condtion physique pour tous							OS	=	Oberstufe Niveau avancé	
		RK	=	Regio Kader Cadre regional				SKS	=	Schule/Sport/Kultur Ecole/Sport/Culture				SP	=	Freiwilliger Schulsport Sport d'école facultatif	