

Trainingszeiten - ZEN SHIN DS102 - Horaires d'entraînement

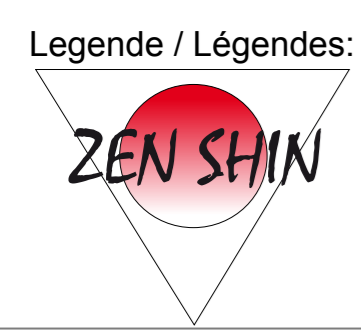
Montag/Lundi			Dienstag/Mardi			Mittwoch/Mercredi			Donnerstag/Jeudi			Freitag/Vendredi			Samstag/Samedi		
Dojo	1	2	Dojo	1	2	Dojo	1	2	Dojo	1	2	Dojo	1	2	Dojo	1	2
8:00			8:00			8:00			8:00			8:00			8:00		
8:15			8:15	QI-GONG		8:15			8:15			8:15			8:15		
8:30			8:30	TAIJI-QUAN		8:30			8:30			8:30			8:30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

Siehe Jahreskalender / Voir le calendrier annuel

KO 10:00-12:00

Entraînement de l'équipe nationale de Kata / KARATE MUKI-VAKI / SEMINAIRE / Entraînements spéciaux, etc.



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