

# STUNDENPLAN JUDOZENTRUM

|            | DOJO 1      |                                |                         | DOJO 2      |                              |                     | DOJO 3      |                                    |                    | DOJO 4      |                                    |                     |            |
|------------|-------------|--------------------------------|-------------------------|-------------|------------------------------|---------------------|-------------|------------------------------------|--------------------|-------------|------------------------------------|---------------------|------------|
| <b>MO</b>  | 17.00-18.00 |                                |                         | 17.00-18.00 |                              |                     | 17.00-18.00 | Anf 7-9<br>Leicht Fort 7-9         | Bernhard<br>Stephi | 17.15-18.15 | IKB                                | Herbst              | <b>MO</b>  |
| <b>MO</b>  | 18.00-19.30 | Jugendkader                    | Gernot                  | 17.45-18.45 |                              |                     | 18.15-19.15 | Anf 9-12<br>Fort 7-12              | Stephi/Sarah       | 18.15-19.30 | IKB                                | Herbst              | <b>MO</b>  |
| <b>MO</b>  | 19.30-21.00 | Erwachsene<br>Anf+Fort         | Gernot<br>Alex          | 19.00-21.00 | Judo<br>Selbstverteidigung   | Hanno               | 19.15-21.15 | MSDO                               | Roland             | 19.30-21.00 |                                    |                     | <b>MO</b>  |
|            | 16.15-17.00 |                                |                         | 16.15-17.00 |                              |                     | 16.15-17.00 | Leicht Fort 4-6                    | Seppi<br>Kathl     | 16.15-17.00 | Anf 4-6                            | Klausi<br>Shahjahan |            |
| <b>DIE</b> | 17.00-18.15 | Fort 7-12                      | Seppi<br>Shahjahan      | 17.00-18.00 |                              |                     | 17.00-18.00 | Anf 7-9<br>Leicht Fort 7-9         | Gernot/<br>Kathl   | 17.15-18.15 |                                    |                     | <b>DIE</b> |
| <b>DIE</b> | 18.00-19.15 | Schülerkader                   | Renate<br>Kathl         | 18.15-19.00 |                              |                     | 18.00-19.15 | Aufbautraining                     | Gernot/<br>Hanno   | 18.30-19.15 |                                    |                     | <b>DIE</b> |
| <b>DIE</b> | 19.30-21.15 | Team                           | Martin<br>Gernot        | 19.00-21.30 |                              |                     | 19.30-21.00 | Muya Thai                          | Kosol              | 19.30-21.30 | Kickboxen                          | Gökhan              | <b>DIE</b> |
| <b>MI</b>  | 16.15-17.00 |                                |                         | 16.15-17.00 | Leicht Fort 5-7              | Klausi<br>Shahjahan | 16.15-17.00 |                                    |                    | 16.00-18.15 |                                    |                     | <b>MI</b>  |
| <b>MI</b>  | 17.15-18.15 | Fort 7-12                      | Klausi<br>Markus        | 17.00-17.45 | Anf 4-6                      | Bernhard/Jenny      | 17.00-18.00 |                                    |                    | 18.15-19.00 |                                    |                     | <b>MI</b>  |
| <b>MI</b>  | 18.30-19.30 | Fort 9-12<br>Gürteltrainig     | Klausi<br>Arnold        | 18.00-19.30 | Muya Thai                    | Kosol               | 18.00-19.30 | Capoeira                           | Dina               | 19.00-20.15 | Kickboxen                          | Gökhan              | <b>MI</b>  |
| <b>MI</b>  | 19.30-21.00 | Aikido                         | Gerald                  | 19.45-21.45 | Hakko Ryu Ju<br>Jutsu        | Fabian              | 20.00-21.30 | Wing Tsung                         | Marcus             | 20.15-21.15 | Frauenselbst-<br>verteidigung      | Klausi              | <b>MI</b>  |
| <b>DO</b>  | 16.15-17.15 |                                |                         | 16.15-17.00 |                              |                     | 16.15-17.00 | Leicht Fort 4-6                    | Klausi<br>Manuel   | 16.00-17.00 |                                    |                     | <b>DO</b>  |
| <b>DO</b>  | 17.15-18.15 | Fort 7-12                      | Klausi<br>Arnold        | 17.00-17.45 |                              |                     | 17.00-18.00 |                                    |                    | 17.00-18.00 | Fort 7-8                           | Gernot<br>Simon     | <b>DO</b>  |
| <b>DO</b>  | 18.15-19.15 | Fort + Leicht Fort<br>8-12     | Gernot<br>Simon         | 17.45-18.55 | MSDO- Kinder                 | Roland              | 18.30-19.30 | Selbstverteidigung<br>für Mädchen  | Klausi             | 18.00-19.30 | Pekiti Tirsia Kali                 | Patrick             | <b>DO</b>  |
| <b>DO</b>  | 19.30-21.15 | Team                           | Gernot                  | 19.00-21.00 | MSDO-<br>Erwachsene          | Roland              | 19.30-21.00 | Bujinkan Budo<br>Taijutsu/Ninjutsu | Thomas             | 19.30-21.30 | Kickboxen                          | Gökhan              | <b>DO</b>  |
| <b>FR</b>  | 16.15-17.00 |                                |                         | 16.15-17.00 | Anf 4-6<br>Leicht Fort 4-6   | Sonja/Stephanie     | 16.15-17.00 | VHS Kurs4-6                        | Stephi+Arnold      | 16.15-17.00 |                                    |                     | <b>FR</b>  |
| <b>FR</b>  | 17.00-18.00 | Fortg 7-12                     | Gernot/Sonja            | 17.00-18.00 |                              |                     | 17.00-18.00 | Anf 7-9                            | Much/Lucas         | 17.00-18.00 | LeichtFort+<br>Fort 6-10           | Kathl/Tobbi         | <b>FR</b>  |
| <b>FR</b>  | 18.00-19.30 | Schülerkader                   | Renate<br>Kathrin+Kathl | 18.00-19.00 | Anf 9-12<br>Leicht Fort 9-12 | Stephi/Sonja        | 18.00-19.15 | Fortgeschrittene<br>Gürteltraining | Much/Lucas         | 18.15-19.15 |                                    |                     | <b>FR</b>  |
| <b>FR</b>  | 19.30-21.15 | Team                           | Martin                  | 19.30-21.30 | Muya Thai                    | Kosol               | 20.00-21.30 | Wing Tsung                         | Marcus             | 19.30-21.00 | Bujinkan Budo<br>Taijutsu/Ninjutsu | Thomas              | <b>FR</b>  |
| <b>SA</b>  | 10.15-11.15 | Anfänger 4-6 +<br>Anfänger 7-8 | Gabsi<br>Florian        | 10.15-11.15 | Leicht Fort<br>6-9           | Hanno               |             |                                    |                    |             |                                    |                     | <b>SA</b>  |
| <b>SA</b>  | 11.15-12.15 | Anfänger 9-12                  | Gabsi<br>Florian        | 11.15-12.15 | Fortgeschrittene<br>8-12     | Hanno               |             |                                    |                    |             |                                    |                     | <b>SA</b>  |

Stand: 24. Januar 2012

**Leicht Fort** = Leicht Fortgeschrittene bis ca. gelber Gürtel

**Fortgeschrittene** ist ab ca. gelber Gürtel