## Montag

| Dojo I | Dojo II | Dojo III | Dojo IV | DojoV |
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| 6.30 | | | | |
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| 16 | | | | |
| 16.30 | | | | |
| 17 | | | Kickboxin | |
| 17.30 | | | Kinder 17-18 Uhr Siegi/Lea | |
| 18 | | | Kyokushin | |
| 18.30 | | Thaiboxen | Karate | extern |
| 19 | iajutsu | 18:15 | 18:00 | Siegi |
| 19.30 | Fabio | Aladdin | Bis 19:30 | Julien |
| 20 | 18:30 - | bis 19:30 | | Wing |
| 20.30 Uhr | Pilates | | Tendo Ryu | Chun |
| 21 | Nathalie | Nostyle | 19:45 | 19 Uhr - |
| 21.30 | extern | Selfdefense | bis 21 Uhr | 20 Uhr 30 |
| 22 | 19:00 | Uwe | | |
| 22.15 | bis | 20 Uhr | | |
| | 20:30 | bis 21:30 Uhr | Gerald/ Heidrun | |
| | LSK | | | |
| | Schwert | | | |
| | Wolfgang | | | |
| | Fortgeschr. | | | |
| | 20.45 | | | |

## Dienstag

| Dojo I | Dojo II | Dojo III | Dojo IV | DojoV |
|---|---|---|---|---|
| 6.30 | | | | |
| 7 | | | | |
| 7.30 | BJJ 8-9 Uhr | | | |
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| 17.30 | | | | |
| 18 | Aikikai | | | |
| 18.30 | Jugend | Parkinson- | Bujinkan | PFG |
| 19 | Marcel | Yoga extern | 18 uhr | Chris |
| 19.30 | 18 Uhr | 18:15-19:15 | bis 20:00 | 17:45 bis |
| 20 | 19:15 | Bernd | | 19:00 Uhr |
| 20.30 | Aikikai | Stefan | | pencak |
| 21 | Erwachsene | Schneider | Cobrakai | silat |
| 21.30 | bis 21:30 | extern | Kickboxen | Chihab |
| 22 | | 19.30 bis 20.30 | 20:00 | 19:30 bis |
| | | | bis 21:30 | 21 Uhr |

## Mittwoch

| Dojo I | Dojo II | Dojo III | Dojo IV | DojoV |
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| 13 | | | | |
| 13.30 | | | | |
| 14 | Schulkoop | | | |
| 14.30 | 14-15.30 | | | |
| 15 | Maxim | | | |
| 15.30 | | | | |
| 16 | | | | |
| 16.30 | | | | |
| 17 | | Kyokushin | | |
| 17.30 | | Karate | | |
| 18 | | Sigi | | |
| 18.30 | Thaiboxen | 17 | | |
| 19 | 18 uhr | bis 18 | | |
| 19.30 | 18:15 | Karate | | |
| 20 | | Sigi | | |
| 20.30 | Sarah | 18 | | |
| 21 | Yoga | bis 19:15 | | |
| 21.30 | 18 uhr | | | |
| 22 | bis | | | |
| | 19:30 | | | |
| | extern | | | |
| | Nostyle | Pencak | Kampf- | Julien |
| | Selfdefense | Silat | kunst | extern |
| | extern | Chihab | labor | Wing |
| | Stefan | 19:30 | Myriam | Chun |
| | Schneider | bis | 19:00 | 18:30Uhr |
| | extern | 21:00 | bis 20:30 | bis |
| | 18.45 bis 20.45 | | | 21:30 |
| | Uwe | | | |
| | 20 Uhr | | | |
| | 21Uhr30 | | | |

## Donnerstag

| Dojo I | Dojo II | Dojo III | Dojo IV | DojoV |
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| 16.30 | | | | |
| 17 | | | | |
| 17.30 | | | | |
| 18 | Bujinkan | | | |
| 18.30 | Maxim | 17:45 bis | | |
| 19 | 17:30 bis | 19:00 uhr | Box-Workou | |
| 19.30 Uhr | PFG | 18 Uhr | | |
| 20 | Chris | Melanie | | |
| 20.30 | Brasilian | | Box-workou | |
| 21 | Jiu Jitsu | | | |
| 21.30 | 19:30 | | Melanie | |
| 22 | bis | | | |
| | 21:30 Uhr | | | |
| | Marvin | | 19:30 | |
| | | | bis 21:30 | |
| | | | Aikikai | |

## Freitag

| Dojo I | Dojo II | Dojo III | Dojo IV | DojoV |
|---|---|---|---|---|
| 6.30 | | | | |
| 7 | | | | |
| 7.30 | BJJ 8-9 Uhr | | | |
| 8 | | | | |
| 8.30 | | | | |
| 9 | | | Yoga Senio | |
| 9.30 | | | 9-10 Uhr | |
| 10 | | | extern | |
| 10.30 | | | | |
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| 16.30 | | | | |
| 17 | | | | |
| 17.30 | Iaido | | | |
| 18 | Kinder | | | |
| 18.30 | Fabio/Ronja | | | |
| 19 | 17:45 | Brasilian | Kyokushin | |
| 19.30 | bis 18:15 | Jiu Jitsu | karate | |
| 20 | Schwert | 18-19:45 | 18-19:30 | |
| 20.30 | Kolbar | Uhr | Siegi | |
| 21 | Wolfgang | Marvin | | |
| 21.30 | 18:30 | | | |
| 22 | Schwert | Nostyle | | |
| | 1.5 Hand | Selfdefense | | |
| | Anfänger | Uwe | | |
| | | 20 uhr | | |
| | bis 21:30 | bis | | |
| | offenes | 21Uhr30 | | |
| | Training | | | |
| | Kobra | | | |

## Samstag

| Dojo I | Dojo II | Dojo III | Dojo IV | DojoV |
|---|---|---|---|---|
| 6.30 | | | | |
| 7 | | | | |
| 7.30 | | | | |
| 8 | | | | |
| 8.30 | | Yoga | | |
| 9 | | Bernd | | |
| 9.30 | | extern | | |
| 10 | | 8:30-10:00 | | |
| 10.30 | Iajutsu | | Jonia u.a. | |
| 11 | Ilonia | 10:30 | von BJJ | |
| 11.30 | 10 Uhr bis | bis | privat | |
| 12 | 12 Uhr | 14:30 | | |
| 12.30 | | Lothanna M. | | |
| 13 | | Eltern& Kinder | | |
| 13.30 | | extern | | |
| 14 | | | | |
| 14.30 | | | | |
| 15 | | | | |
| 15.30 | | | | |
| 16 | | | | |
| 16.30 | | | | |
| 17 | Thaiboxen | | 1-2x monat | |
| 17.30 | Aladdin | | 17-21:30 | |
| 18 | 17:00 bis | | | |
| 18.30 | 18:15Uhr | | Raufspiele | |
| 19 | | | Merle/Alex | |
| 19.30 | | | Deutschmann | |
| 20 | | | externe | |
| 20.30 | | | Gruppe | |
| 21 | | | | |
| 21.30 | | | | |
| 22 | | | | |

## Sonntag

| Dojo I | Dojo II | Dojo III | Dojo IV |
|---|---|---|---|
| 6.30 | | | |
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| 10.30 | | | |
| 11 | | | |
| 11.30 | | | |
| 12 | | 1-2x monat | |
| 12.30 | | 12-16 Uhr | |
| 13 | | | |
| 13.30 | | Merle/Alex | |
| 14 | | Deutschmann | |
| 14.30 | | Raufspiele | |
| 15 | | 14:15-15:45 | |
| 15.30 | | Nicole | |
| 16 | | extern | |
| 16.30 | | externe | |
| 17 | | privat | |
| 17.30 | | Gruppe | |
| 18 | | | |
| 18.30 | | | |
| 19 | | | |
| 19.30 | | | |
| 20 | | | |
| 20.30 | | | |
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| 21.30 | | | |
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