

Beginn: 6:00  
Intervall: 0:15

UHRZEIT	MONTAG	DIENTSAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSGTAG	SONNTAG
	DOJO Standard      Spezial	DOJO Standard      Spezial	DOJO Standard      Spezial	DOJO Standard      Spezial	DOJO Standard      Spezial	DOJO Standard      Spezial      Halle	DOJO Standard      Spezial
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11:30							
11:45						Kader IFK Kumite	FT
12:00						Kader IFK Kata	
12:15							
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17:00		KMS	K Anf Raphael E.-A. Ciprian				
17:15							
17:30							
17:45							
18:00	Yoga		Jug Anf Jug Fg Raphael E.-A. Ciprian.		K / J Kumite Roland		XXX
18:15							
18:30							
18:45							
19:00							
19:15		Yoga			Förder-team Reto Roland Braun-gurte	E Kumite Raoul Ramon Prüf	
19:30						Prüf P Vor.	
19:45							
20:00							
20:15	E Anf. / E Allg Raphael		E 40 + Raphael Urs				
20:30		SpTAK Raphael					
20:45		(nach Ansgage)					
21:00				Demo			
21:15							
21:30							
21:45	FT	FT	FT		FT	Yudansha	
22:00							
22:15							
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23:00							
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