## Trainingsplan Sommerferien 2018 Dachstock

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|---|---|---|---|---|---|
| | | | | | 10:45 - 12:00<br>Yoga |
| 12:25 - 13:45<br>Karate | | 12:25 - 13:45<br>Karate | | | |
| 16:30-17:45<br>Yoga | | | | | |
| 18:00 - 19:30<br>Karate<br>alle Stufen | | | 18:00 - 19:30<br>Karate<br>alle Stufen | | |
| 19:30 - 21:00<br>Kobudo<br>alle Stufen | | 19:45 - 21:00<br>Yoga | 19:30 - 21:00<br>Kobudo<br>alle Stufen | | |