

Trainingsplan 2018 Dachstock

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|----------------------------------------|------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------|----------------------------------|-----------------------|
| | | | | Aikido | |
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| | | | | | 10:45 - 12:00 Yoga |
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| 12:25 - 13:45 Karate | 12:25 - 13:25 Mittags-Meditation | 12:25 - 13:45 Karate | | 12:15 - 13:15 Faszientraining | |
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| 16:30-17:45 Yoga | | | | | |
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| 18:00 - 19:30 Karate Oberstufe | 18:00 - 19:15 Yoga Step by Step 2 16.01 - 13.02.2018 | 18:00 - 19:30 Kickbox PLUS Schwerpunkt Ju Jitsu | 18:00 - 19:30 Karate Unter- und Mittelstufe | 18:15 - 19:30 Yoga | |
| 19:30 - 21:00 Kobudo alle Stufen | 19:30 - 20:45 Yin Yoga | 19:45 - 21:00 Yoga | 19:30 - 21:00 Kobudo alle Stufen | | |