

TRAININGSPLAN JUDO

Ab 01. Januar 2025



Montag

16:00 – 17:15
U9 Fortg.
Achim

17:15 – 18:30
U11
Fortg.
Achim

18:30 – 19:45
U18/ERW
(Wieder-)
Einstieg
Achim

17:30 – 19:00
U13/U15
Kader
Vahe

19:00 – 20:00
U18/U21
Kader
Vahe

Dienstag

16:00 – 17:00
U9 Fortg.
N.N.

17:15 – 18:30
U11 Fortg.
Achim + Wellisara

Mittwoch

17:00 – 18:30
U11/U13/U15
Wettkampf
Peter

18:30 – 19:30
U13 – ERW Prüfung
Chris

20:00 – 21:30
U18/ERW
Prüfung + Kata
Miriam + Chris

Donnerstag

16:00 – 17:00
U11 Fortg.
N.N. + Josephine

17:15 – 18:15
U13
Einstieg
N.N.

17:15 – 18:30
U11/U13
Fortg.
Bram
+ Deniz

18:30 – 19:45
U15
Fortgeschrittene
Bram + Deniz

20:00 – 21:30
U18/ERW
Fortgeschrittene
Henning + Bram

Freitag

16:00 – 17:30
U13/U15
Kader
Chris + Wellisara

17:30 – 19:30
U18/U21
Kader
Chris

Samstag

09:30 – 10:30
U7 JSL
Josephine + Linus

10:30 – 11:45
U9/U11 Fortg.
Miriam, Kim
+ Josephine, Linus

11:45 – 12:45
U7 JSL
Miriam + Kim