

Shudokan

Shudokan-ryu Karate-Do e.V.

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	MO.	DI.	MI.	DO.	FR.
17:00		Kinder-Karate 17:00 - 18:00 Kristin (Kinder 11-13J.)		Bagua 17:00 - 20:00 Ralf / Gunnar	Qi-Gong 17:00 - 17:45
					Qi-Gong 17:45 - 18:30
18:00	Karate 18:30 - 20:00 Raphael	Karate 18:15 - 20:00 Jürgen / Frank	Karate 18:15 - 19:45 Holger		Karate 18:30 - 19:30 Roland
19:00			Ryukyu-Kobujutsu 19:45 - 21:30 Holger		
20:00	Bagua 20:00 - 22:00 Ralf / Gunnar	BJJ 20:00 - 22:00 Kai		BJJ 20:00 - 22:00 Kai	
21:00					

Trainingszeiten Stand März 2020