

Stunden-Übersicht SANKAN Kampfkunst und Sport
www.sankan-karate.de



| Tag | Montag | Dienstag | | Mittwoch | | | Donnerstag | | Freitag | | |
|---------------------------------------|---|---|---|--|-------------------|--|-------------------|-------------------|--------------------------|--|--|
| Ort/ Zeit | GRAFENAU | FREYUNG | SCHÖLLNACH | HOFKIRCHEN | RÖHRNBACH | WALDKIRCHEN | HUTTHURM | GRAFENAU | PASSAU | FREYUNG | GRAFENAU |
| 09 ⁰⁰ - 10 ⁰⁰ h | | | | | | | | | | | KARATE Erwachsene |
| 10 ¹⁵ - 12 ⁰⁰ h | | | | | | | | | | | Individual-/ Privat- Training |
| 14 ¹⁵ - 15 ⁰⁰ h | | | Little-Tiger | | Little-Tiger | | | | | | |
| 15 ⁰⁰ - 16 ⁰⁰ h | 15 ¹⁵ - 15 ⁴⁵ h Mini-Tiger | | 15 ⁰⁰ - 15 ⁴⁵ h Junior-Tiger | | Junior/Teen-Tiger | | | | | | |
| 16 ⁰⁰ - 16 ⁴⁵ h | Little-Tiger | Little-Tiger | 16 ⁰⁰ - 17 ⁰⁰ h Teen-Tiger | | | | Little-Tiger | Little-Tiger | | Little-Tiger | Little-Tiger |
| 17 ⁰⁰ - 17 ⁴⁵ h | Junior-Tiger | Junior-Tiger | | | | Little-Tiger | Junior-Tiger | HyperPro | Little-Tiger | Junior-Tiger | Junior-Tiger |
| 18 ⁰⁰ - 19 ⁰⁰ h | 18 ⁰⁰ - 18 ⁴⁵ h Tai Chi | 18 ⁰⁰ - 18 ⁴⁵ h HyperPro | | 17 ⁴⁵ - 18 ³⁰ h Little-Tiger | | Junior-Tiger | Teen-Tiger | Junior/Teen-Tiger | Junior/Teen-Tiger | Teen-Tiger | Teen-Tiger |
| 19 ⁰⁰ - 20 ⁰⁰ h | KARATE Erwachsene | KARATE Erwachsene | | 18 ³⁰ - 19 ³⁰ h Junior/Teen-Tiger | | Teen-Tiger | KARATE Erwachsene | KARATE Erwachsene | KARATE Erwachsene | KARATE Erwachsene | KARATE Erwachsene |
| 20 ¹⁵ - 21 ¹⁵ h | 20 ¹⁵ - 21 ⁰⁰ h BodyCROSS | KICK FIGHTING | KARATE Erwachsene | | | 20 ⁰⁰ - 21 ⁰⁰ h KARATE Erw. | KICK FIGHTING | KICK FIGHTING | Plan 2018: KICK FIGHTING | 20 ¹⁵ - 21 ⁰⁰ h Tai Chi | 20 ¹⁵ - 21 ⁰⁰ h #PYT-Training |