

TKD DAVOS – NUTZUNGS- UND STUNDENPLAN - VERSION 2011-09-09 B.G.

| Zeit | Montag | Dienstag | | | Mittwoch | Donnerstag | Freitag | Samstag |
|-------|---------------|-------------------------|--------------|-------------|-------------------|-------------------------|-------------------------|---------|
| | Dojang | Dojang | AULA | Klosters | Dojang | Dojang | Dojang | |
| 08.00 | | | | | | | 08.00 – 09.00 | |
| 08.30 | | | | | | | Meditation | |
| 09.00 | | | | | | 09.00 – 11.00 | 09.00 – 10.00 | |
| 09.30 | | | | | | laido/Kendo – Krav Maga | TKD Aerobic | |
| 10.00 | | | | | | | | |
| 10.30 | | | | | | | | |
| 11.00 | | | | | | | | |
| 11.30 | | 11.30-13.00 | | | | | | |
| 12.00 | | laido + | | | | | | |
| 12.30 | | Krav-Maga | | | | | | |
| 13.00 | | | | | | | | |
| 13.30 | | | | | | | | |
| 14.00 | | | | | | | | |
| 14.30 | | | | | | 14.00 – 15.30 | | |
| 15.00 | | | | | | TKD Tagestraining | | |
| 15.30 | | | | | | | | |
| 16.00 | | | | | | | | |
| 16.30 | | | | | 16.30 – 17.30 | | | |
| 17.00 | | | | | Little Ninja 5-8J | | | |
| 17.30 | | 17.45-18.45 | | | | | | |
| 18.00 | | TKD-12J | | | | | | |
| 18.30 | 18.45 – 20.00 | 18.45-19.45 | | 18.30-19.30 | | | | |
| 19.00 | TKD Aerobic | TKD 12J+ | | TKD Aerobic | 19.00 – 20.00 | | 19.00 – 20.00 | |
| 19.30 | | | | Klosters | TKD Aerobic | 19.30 – 21.00 | laido/Kendo – Krav Maga | |
| 20.00 | | 20.00-21.15 | 20.00 -21.30 | | | TKD Kampfraining | | |
| 20.30 | | Selbstvertei- digung | TKD AULA | | | | | |
| 21.00 | | | | | | | | |

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|-------------------|------------------------------------|---------------|--|--------------------------|-----------------------------------|---------------|--|-------------------|---|---------------|
| TKD Tagestraining | Angelo Marchetti | 079 247 97 79 | | TKD Kinder -12 / 12+ | Renato Marni | 079 623 23 11 | | Little Ninja 5-8J | Sandra Camenisch Valentina Vanicelli | 079 460 87 14 |
| TKD Aerobic | Sandra Camenisch & Renato Marni | 079 623 23 11 | | Selbstverteidigungskurse | Matthias Hoppler Susanna Vogel | 079 727 82 87 | | TKD Kampfraining | Michael Marni | 079 827 69 37 |
| laido -Krav Maga | Fadri Erni | 079 309 93 60 | | TKD Haupttraining | Renato Marni | 079 623 23 11 | | Meditation | Sandra Camenisch | 079 460 87 14 |