
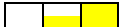
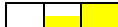













U-CHONG TAEKWONDO TRAININGSPLAN



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
15:30 – 16:15	15:30 – 16:15	15:30 – 16:15	15:30 – 16:15	15:30 – 16:15
KIDS II	KIDS I	KIDS II	KIDS I	KIDS I · II
16:30 – 17:15	16:30 – 17:15	16:30 – 17:15	16:30 – 17:15	16:30 – 17:15
KINDER II 	KINDER I 	KINDER I 	KINDER III 	KINDER II 
17:30 – 18:15	17:30 – 18:15	17:30 – 18:15	17:30 – 18:15	17:30 – 18:15
KINDER III 	KINDER II 	KINDER II 	KINDER I 	KINDER I 
18:30 – 19:15	18:30 – 19:15	18:30 – 19:15	18:30 – 19:15	18:30 – 19:15
	KINDER III 	BLACK BELT		KINDER III 
19:30 – 20:30	19:30 – 20:30	19:30 – 20:30	19:30 – 20:30	19:30 – 20:30
JUGENDLICHE & ERWACHSENE	JUGENDLICHE & ERWACHSENE	JUGENDLICHE & ERWACHSENE	JUGENDLICHE & ERWACHSENE	JUGENDLICHE & ERWACHSENE

TAEKWONDO FÜR FITNESS UND KONZENTRATION