

ETV-Karate

| Montag | Dienstag | Mittwoch | Donnerstag | Donnerstag2 | Donnerstag3 | Freitag | Freitag2 | Samstag | Sonntag |
|------------------|------------------|--------------------|------------------|------------------|--------------------------|------------------|------------------|-------------------|-------------------|
| Hohe Weide, Gym2 | Hohe Weide, Budo | Altonaer Straße | Hohe Weide, Budo | Hohe Weide, Gym2 | Hohe Luft | Hohe Weide, Gym2 | Hohe Weide, Budo | Hohe Weide, Gym 2 | Hohe Weide, Gym 2 |
| 17.00-19.00 | 17.00-18.00 | 17.00-18.00 | 18.00-19.15 | | 17-18 Uhr | | 17.00-18.00 | 10.00-12.00 | 10.00-12.00 |
| Kata ab Orange | Weiß | Weiß | Kumite | | Weiß | | Weiß | Kumite | Freies Training |
| ab 18.00 Gym1 | Weiß-Gelb | Weiß-Gelb | | | Gelb/Gelborange | | Weiß-Gelb | Malyar | |
| Finn-Luka | Hauke | Jannik & Bela | Hauke | Finn-Luka | Andreas & Marc | | Finn-Luka | | |
| 18.00-19.00 | 18.00-19.30 | 18.00-19.15 | | 19.15-20.00 | 18-19:10 Uhr | 18.00-19.00 | | | 15.00-18.00 |
| Gelb | Karate-Fitness | Gelb/Orange | | Karate-Fitness | Orange | Gelb/Orange | | | Freies Training |
| Orange | | Grün & Eltern Kind | | | Grün/Blau | Grün | | | |
| Malyar | Hauke | Jannik & Bela | | Hauke | Andreas, Lucas & Leander | Finn-Luka | | | |
| 19.00-20.30 | 19.30-20.45 | 19.30-21.00 | | 20.00-21.00 | 19:10-20:40 Uhr | 19.00-20.15 | | | |
| Kumite | Kata Wettkampf | Erwachsene | | Kata Wettkampf | Erwachsene | Jugend/Erwachs. | | | |
| | ETV Team | Weiß-Blau | | ETV-Team | alle Gurtstufen | ab Blau | | | |
| Malyar | | Ka Young | | | Andreas | Mario | | | |
| 20.30-21.30 | | | | | | 20.15-21.00 | | | |
| Freies Training | | | | | | N.N. | | | |
| | | | | | | Mario | | | |