

**YU-Taekwondo 1170 Wien (ab 07.09.2026)**

| Montag                                                                                                                    | Dienstag                                                                                                              | Mittwoch                                                                                                                            | Donnerstag                                                                                                                            | Freitag                                                                                                                          | Samstag                                                                                                                         | Sonntag                                                                                                                             | Feiertag |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------|
| vormittags                                                                                                                |                                                                                                                       |                                                                                                                                     |                                                                                                                                       |                                                                                                                                  |                                                                                                                                 |                                                                                                                                     |          |
|                                                                                                                           |                                                                                                                       |                                                                                                                                     |                                                                                                                                       |                                                                                                                                  | <div> <b>Alle Gurtgrade</b><br/> <b>10:00 - 11:00</b><br/>                     Khilola Abdunayimova                 </div>      | <div> <b>Alle Gurtgrade ab 14</b><br/> <b>10:00 - 11:00</b><br/>                     Mirwais Habib                 </div>           |          |
|                                                                                                                           |                                                                                                                       |                                                                                                                                     |                                                                                                                                       |                                                                                                                                  | <div> <b>Spezial - Akrobatik</b><br/> <b>11:00 - 12:00</b><br/>                     Khilola Abdunayimova                 </div> | <div> <b>ab Gelbgurt</b><br/> <b>11:00 - 12:00</b><br/>                     Mirwais Habib                 </div>                    |          |
|                                                                                                                           |                                                                                                                       |                                                                                                                                     |                                                                                                                                       |                                                                                                                                  | <div> <b>Kleinkinder Alle</b><br/> <b>12:00 - 12:45</b><br/>                     Khilola Abdunayimova                 </div>    | <div> <b>Spezial - Prüfungsvorbereitung</b><br/> <b>12:00 - 13:00</b><br/>                     Mirwais Habib                 </div> |          |
| nachmittags                                                                                                               |                                                                                                                       |                                                                                                                                     |                                                                                                                                       |                                                                                                                                  |                                                                                                                                 |                                                                                                                                     |          |
|                                                                                                                           |                                                                                                                       | <div> <b>Kleinkinder Anfänger</b><br/> <b>15:30 - 16:15</b><br/>                     Stella Asimwe                 </div>           |                                                                                                                                       | <div> <b>Kleinkinder Anfänger</b><br/> <b>15:30 - 16:15</b><br/>                     Stella Asimwe                 </div>        |                                                                                                                                 |                                                                                                                                     |          |
| <div> <b>Kleinkinder Alle</b><br/> <b>16:15 - 17:00</b><br/>                     Stella Asimwe                 </div>     | <div> <b>Kleinkinder Alle</b><br/> <b>16:30 - 17:15</b><br/>                     Mirwais Habib                 </div> | <div> <b>Kleinkinder Fortgeschritten</b><br/> <b>16:15 - 17:00</b><br/>                     Stella Asimwe                 </div>    | <div> <b>Anfänger</b><br/> <b>16:30 - 17:30</b><br/>                     Mirwais / Khilola                 </div>                     | <div> <b>Kleinkinder Fortgeschritten</b><br/> <b>16:15 - 17:00</b><br/>                     Stella Asimwe                 </div> |                                                                                                                                 |                                                                                                                                     |          |
| <div> <b>Absolute Anfänger</b><br/> <b>17:00 - 18:00</b><br/>                     Stella Asimwe                 </div>    | <div> <b>Anfänger</b><br/> <b>17:30 - 18:30</b><br/>                     Mirwais Habib                 </div>         | <div> <b>Alle Gurtgrade</b><br/> <b>17:00 - 18:00</b><br/>                     Stella Asimwe                 </div>                 | <div> <b>Spezial - Fitness/Stretching</b><br/> <b>17:30 - 18:30</b><br/>                     Mirwais / Khilola                 </div> | <div> <b>Alle Gurtgrade</b><br/> <b>17:00 - 18:00</b><br/>                     Stella Asimwe                 </div>              |                                                                                                                                 |                                                                                                                                     |          |
| abends                                                                                                                    |                                                                                                                       |                                                                                                                                     |                                                                                                                                       |                                                                                                                                  |                                                                                                                                 |                                                                                                                                     |          |
| <div> <b>Alle Gurtgrade ab 14</b><br/> <b>18:00 - 19:00</b><br/>                     Stella Asimwe                 </div> | <div> <b>ab Gelbgurt</b><br/> <b>18:30 - 19:30</b><br/>                     Mirwais Habib                 </div>      | <div> <b>Spezial - Prüfungsvorbereitung</b><br/> <b>18:00 - 19:00</b><br/>                     Stella Asimwe                 </div> | <div> <b>Spezial - Kicktraining</b><br/> <b>18:30 - 19:30</b><br/>                     Mirwais / Khilola                 </div>       | <div> <b>Spezial - Freikampf</b><br/> <b>18:00 - 19:00</b><br/>                     Stella Asimwe                 </div>         |                                                                                                                                 |                                                                                                                                     |          |