

# YU-Taekwondo 1110 Wien (ab 19.01.2026)

| Montag                                                              | Dienstag                                                                 | Mittwoch                                                                        | Donnerstag                                                          | Freitag                                                                        | Samstag                                                                                            | Sonntag                                                                 | Feiertag |
|---------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------|
|                                                                     |                                                                          |                                                                                 |                                                                     |                                                                                | <b>Alle Gurtgrade</b><br><b>10:00 - 11:00</b><br>Kwan Jang Nim                                     | <b>ab Gelb - Grüngurt</b><br><b>10:00 - 11:00</b><br>Suad Bajraktarovic |          |
|                                                                     |                                                                          |                                                                                 |                                                                     |                                                                                | <b>ab Blaugurt</b><br><b>10:00 - 11:00</b><br>Nhan Nguyen                                          |                                                                         |          |
|                                                                     |                                                                          |                                                                                 |                                                                     |                                                                                | <b>Spezial - Prüfungsvorbereitung ab Gelb - Grüngurt</b><br><b>11:15 - 12:15</b><br>Julian Sindric | <b>Kleinkinder Alle</b><br><b>11:15 - 12:00</b><br>Elvedin Milkunic     |          |
|                                                                     |                                                                          |                                                                                 |                                                                     |                                                                                | <b>Spezial - Fitness / Stretching</b><br><b>11:15 - 12:15</b><br>Linda Gombos                      |                                                                         |          |
|                                                                     |                                                                          |                                                                                 |                                                                     |                                                                                | <b>Anfänger</b><br><b>11:15 - 12:15</b><br>Nhan Nguyen                                             | <b>Anfänger</b><br><b>11:15 - 12:15</b><br>Suad Bajraktarovic           |          |
| <b>Kleinkinder Alle</b><br><b>16:30 - 17:15</b><br>Elvedin Milkunic | <b>Ninja Warrior ab 10 Jahren</b><br><b>16:30 - 17:30</b><br>Nhan Nguyen | <b>Kleinkinder Alle</b><br><b>16:30 - 17:15</b><br>Oliver Wirth                 | <b>Kleinkinder Alle</b><br><b>16:30 - 17:15</b><br>Elvedin Milkunic | <b>Kleinkinder Alle</b><br><b>16:30 - 17:15</b><br>Aynaz Mohammadian           |                                                                                                    |                                                                         |          |
| <b>Anfänger</b><br><b>16:30 - 17:30</b><br>Nhan Nguyen              | <b>Anfänger</b><br><b>16:30 - 17:30</b><br>Jose Mertola                  | <b>Anfänger</b><br><b>16:30 - 17:30</b><br>Nhan Nguyen                          | <b>Anfänger</b><br><b>16:30 - 17:30</b><br>Nhan Nguyen              | <b>Anfänger</b><br><b>16:30 - 17:30</b><br>Nhan Nguyen                         |                                                                                                    |                                                                         |          |
| <b>Anfänger</b><br><b>17:30 - 18:30</b><br>Aynaz Mohammadian        | <b>Anfänger</b><br><b>17:30 - 18:30</b><br>Jose Mertola                  | <b>Anfänger</b><br><b>17:30 - 18:30</b><br>Julian Sindric                       | <b>ab Grüngurt</b><br><b>17:30 - 18:30</b><br>Nhan Nguyen           | <b>Anfänger</b><br><b>17:30 - 18:30</b><br>Aynaz Mohammadian                   |                                                                                                    |                                                                         |          |
| <b>ab Grüngurt</b><br><b>17:30 - 18:30</b><br>Nhan Nguyen           | <b>ab Blaugurt</b><br><b>17:30 - 18:30</b><br>Nhan Nguyen                | <b>ab Grüngurt</b><br><b>17:30 - 18:30</b><br>Nhan Nguyen                       | <b>Anfänger</b><br><b>17:30 - 18:30</b><br>Aynaz Mohammadian        | <b>ab Grüngurt</b><br><b>17:30 - 18:30</b><br>Nhan Nguyen                      |                                                                                                    |                                                                         |          |
|                                                                     |                                                                          | <b>Spezial - Akrobatik</b><br><b>17:30 - 18:30</b><br>Elvedin Milkunic          |                                                                     |                                                                                |                                                                                                    |                                                                         |          |
| <b>Anfänger</b><br><b>18:45 - 19:45</b><br>Nhan Nguyen              | <b>ab Rotgurt</b><br><b>18:45 - 19:45</b><br>Nhan Nguyen                 | <b>ab Rotgurt</b><br><b>18:45 - 19:45</b><br>Nhan Nguyen                        | <b>ab Blaugurt</b><br><b>18:30 - 19:30</b><br>Kwan Jang Nim         | <b>Spezial - Freikampf ab 10 Jahren</b><br><b>18:45 - 19:45</b><br>Nhan Nguyen |                                                                                                    |                                                                         |          |
|                                                                     | <b>Spezial - Slow Taekwondo</b><br><b>18:45 - 19:45</b><br>Jose Mertola  | <b>Spezial - Prüfungsvorbereitung</b><br><b>18:45 - 19:45</b><br>Julian Sindric |                                                                     |                                                                                |                                                                                                    |                                                                         |          |