

**YU-Taekwondo 1230 Wien (ab 07.01.2026)**

| Montag                                                                       | Dienstag                                                                | Mittwoch                                                   | Donnerstag                                           | Freitag                                                           | Samstag                                                 | Sonntag                                                              | Feiertag |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------|----------|
| vormittags                                                                   |                                                                         |                                                            |                                                      |                                                                   |                                                         |                                                                      |          |
|                                                                              |                                                                         |                                                            |                                                      |                                                                   | <b>Alle Gurtgrade</b><br>10:00 - 11:00<br>Kwan Jang Nim | <b>Kleinkinder Anfänger</b><br>10:00 - 10:45<br>Felix Hold           |          |
|                                                                              |                                                                         |                                                            |                                                      |                                                                   | <b>Kleinkinder Alle</b><br>11:00 - 11:45<br>Luay Khlef  | <b>Kleinkinder Fortgeschritten</b><br>11:00 - 11:45<br>Felix Hold    |          |
|                                                                              |                                                                         |                                                            |                                                      |                                                                   |                                                         | <b>Spezial - Prüfungsvorbereitung</b><br>12:00 - 13:00<br>Felix Hold |          |
| nachmittags                                                                  |                                                                         |                                                            |                                                      |                                                                   |                                                         |                                                                      |          |
| <b>Kleinkinder Fortgeschritten</b><br>16:00 - 16:45<br>Anupam Sharma Dhungel | <b>Sprechstunde</b><br>16:00 - 16:45<br>Anupam Sharma Dhungel           | <b>Kleinkinder Anfänger</b><br>16:00 - 16:45<br>Felix Hold |                                                      | <b>Kleinkinder Anfänger</b><br>16:00 - 16:45<br>Daniel Malik      |                                                         |                                                                      |          |
|                                                                              |                                                                         |                                                            |                                                      | <b>Kleinkinder Fortgeschritten</b><br>17:00 - 17:45<br>Felix Hold |                                                         |                                                                      |          |
| <b>Anfänger</b><br>17:00 - 18:00<br>Anupam Sharma Dhungel                    | <b>Spezial - Kicktraining</b><br>17:00 - 18:00<br>Anupam Sharma Dhungel | <b>Anfänger</b><br>17:00 - 18:00<br>Felix Hold             | <b>Anfänger</b><br>16:45 - 17:45<br>Oliver Ferchner  | <b>Anfänger</b><br>17:00 - 18:00<br>Daniel Malik                  |                                                         |                                                                      |          |
| abends                                                                       |                                                                         |                                                            |                                                      |                                                                   |                                                         |                                                                      |          |
| <b>Spezial - Akrobatik</b><br>18:00 - 19:00<br>Anupam Sharma Dhungel         | <b>ab Grüngurt</b><br>18:00 - 19:00<br>Anupam Sharma Dhungel            | <b>ab Gelbgurt</b><br>18:00 - 19:00<br>Felix Hold          | <b>ab Blaugurt</b><br>18:30 - 19:30<br>Kwan Jang Nim | <b>Spezial - Freikampf</b><br>18:00 - 19:00<br>Daniel Malik       |                                                         |                                                                      |          |
| <b>ab Blaugurt</b><br>19:00 - 20:00<br>Anupam Sharma Dhungel                 | <b>Anfänger</b><br>19:00 - 20:00<br>Anupam Sharma Dhungel               |                                                            |                                                      | <b>ab Gelbgurt</b><br>19:00 - 20:00<br>Daniel Malik               |                                                         |                                                                      |          |