

**YU-Taekwondo 1170 Wien (ab 16.03.2026)**

| Montag                                                     | Dienstag                                                  | Mittwoch                                                                    | Donnerstag                                                   | Freitag                                                               | Samstag                                                             | Sonntag                                                                 | Feiertag |
|------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------|----------|
| vormittags                                                 |                                                           |                                                                             |                                                              |                                                                       |                                                                     |                                                                         |          |
|                                                            |                                                           |                                                                             |                                                              |                                                                       |                                                                     | <b>Alle Gurtgrade ab 14</b><br>9:00 - 10:00<br>Mirwais Habib            |          |
|                                                            |                                                           |                                                                             |                                                              |                                                                       | <b>Alle Gurtgrade</b><br>10:00 - 11:00<br>Kwan Jang Nim             | <b>ab Gelbgurt</b><br>10:00 - 11:00<br>Mirwais Habib                    |          |
|                                                            |                                                           |                                                                             |                                                              |                                                                       | <b>Spezial - Akrobatik</b><br>11:00 - 12:00<br>Khilola Abdunayimova | <b>Spezial - Prüfungsvorbereitung</b><br>11:00 - 12:00<br>Mirwais Habib |          |
|                                                            |                                                           |                                                                             |                                                              |                                                                       | <b>Kleinkinder Alle</b><br>12:00 - 12:45<br>Khilola Abdunayimova    |                                                                         |          |
| nachmittags                                                |                                                           |                                                                             |                                                              |                                                                       |                                                                     |                                                                         |          |
|                                                            |                                                           | <b>Kleinkinder Anfänger</b><br>15:30 - 16:15<br>Stella Asiimwe              |                                                              | <b>Kleinkinder Anfänger</b><br>15:30 - 16:15<br>Stella Asiimwe        |                                                                     |                                                                         |          |
| <b>Kleinkinder Alle</b><br>16:15 - 17:00<br>Stella Asiimwe | <b>Kleinkinder Alle</b><br>16:30 - 17:15<br>Mirwais Habib | <b>Kleinkinder Fortgeschritten</b><br>16:15 - 17:00<br>Stella Asiimwe       | <b>Spezial - Akrobatik</b><br>16:30 - 17:30<br>Julius Neuber | <b>Kleinkinder Fortgeschritten</b><br>16:30 - 17:15<br>Stella Asiimwe |                                                                     |                                                                         |          |
| <b>Anfänger</b><br>17:00 - 18:00<br>Stella Asiimwe         | <b>Anfänger</b><br>17:30 - 18:30<br>Mirwais Habib         | <b>Alle Gurtgrade</b><br>17:00 - 18:00<br>Stella Asiimwe                    | <b>Anfänger</b><br>17:30 - 18:30<br>Julius Neuber            | <b>Alle Gurtgrade</b><br>17:15 - 18:15<br>Stella Asiimwe              |                                                                     |                                                                         |          |
| abends                                                     |                                                           |                                                                             |                                                              |                                                                       |                                                                     |                                                                         |          |
| <b>ab Gelbgurt</b><br>18:00 - 19:00<br>Stella Asiimwe      | <b>ab Grüngurt</b><br>18:30 - 19:30<br>Mirwais Habib      | <b>Spezial - Hosinsul (Selbstschutz)</b><br>18:00 - 19:00<br>Stella Asiimwe | <b>ab Blaugurt</b><br>18:30 - 19:30<br>Kwan Jang Nim         | <b>Spezial - Freikampf</b><br>18:15 - 19:15<br>Stella Asiimwe         |                                                                     |                                                                         |          |