



## Stundenplan 2500 Baden (ab 07.09.2026)

| Zeiten                                             | Montag                                                                | Dienstag                                                              | Mittwoch                                                              | Donnerstag                                              | Freitag                                                               | Samstag                                                               | Sonntag |
|----------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|---------|
| 09:00 - 10:00<br>(Little Tigers:<br>09:00 - 09:45) |                                                                       | <b>SILVER TIGERS</b><br>Fit & Vital<br>(Generation 60+)               |                                                                       | <b>SILVER TIGERS</b><br>Fit & Vital<br>(Generation 60+) |                                                                       | <b>LITTLE TIGERS</b><br>Kleinkinder<br>(3-5 Jahre)                    |         |
| 10:00 - 11:00                                      |                                                                       |                                                                       |                                                                       |                                                         |                                                                       | <b>TIGER ALL-STARS</b><br>Allgemeines<br>Training<br>(Alle Gurtgrade) |         |
| 15:00 - 16:00<br>(Little Tigers:<br>15:00 - 15:45) | <b>LITTLE TIGERS</b><br>Kleinkinder<br>(3-5 Jahre)                    |                                                                       | <b>LITTLE TIGERS</b><br>Kleinkinder<br>(3-5 Jahre)                    |                                                         | <b>LITTLE TIGERS</b><br>Kleinkinder<br>(3-5 Jahre)                    |                                                                       |         |
| 16:00 - 17:00                                      | <b>TIGER ROOKIES</b><br>Anfänger<br>(Alle Gurtgrade<br>möglich)       | <b>YOUNG TIGERS</b><br>Kids<br>(6-12 Jahre)                           | <b>TIGER ROOKIES</b><br>Anfänger<br>(Alle Gurtgrade<br>möglich)       | <b>YOUNG TIGERS</b><br>Kids<br>(6-12 Jahre)             | <b>TIGER ROOKIES</b><br>Anfänger<br>(Alle Gurtgrade<br>möglich)       |                                                                       |         |
| 17:00 - 18:00                                      | <b>TIGER ALL-STARS</b><br>Allgemeines<br>Training<br>(Alle Gurtgrade) | <b>PRO TIGERS</b><br>Prüfung-<br>vorbereitung<br>(Alle Gurtgrade)     | <b>TIGER ALL-STARS</b><br>Allgemeines<br>Training<br>(Alle Gurtgrade) | <b>FLYING TIGERS</b><br>Akrobatik<br>(Alle Gurtgrade)   | <b>TIGER ALL-STARS</b><br>Allgemeines<br>Training<br>(Alle Gurtgrade) |                                                                       |         |
| 18:00 - 19:00                                      | <b>FIGHT TIGERS</b><br>Freikampf & ITF<br>Fight<br>(Alle Gurtgrade)   | <b>TIGER ALL-STARS</b><br>Allgemeines<br>Training<br>(Alle Gurtgrade) | <b>SHADOW TIGERS</b><br>Hyong/Poomsae<br>(Alle Gurtgrade)             | <b>GREEN TIGERS</b><br>Fortgeschritten<br>(ab Grüngurt) | <b>OPEN DOJANG</b><br>Freies Training (Alle<br>Gurtgrade)             |                                                                       |         |
| 19:00 - 20:00                                      |                                                                       | <b>LADY TIGERS</b><br>Frauen Power                                    |                                                                       |                                                         |                                                                       |                                                                       |         |