



Trainingsplan

Stand: Juni 2026

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:45					
09:00	Practitioner 09:00 – 10:00				
09:15					
09:30					
09:45					
10:00					
16:45	Teens 16:45 – 17:45		Teens 16:45 – 17:45		Teens 16:45 – 17:45
17:00					
17:15					
17:30					
17:45					
18:00	Practitioner 18:00 – 19:00	Graduated 18:00 – 19:15	Practitioner 18:00 – 19:00	Graduated 18:00 – 19:15	Practitioner 18:00 – 19:00
18:15					
18:30					
18:45					
19:00					
19:15					
19:30		Practitioner 19:30 – 20:30		Freies Training — Prüfungs- vorbereitung 19:30 – 20:30	
19:45					
20:00					
20:15					
20:30					