



# Heidelberger Judo Club e.V.



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## Trainingsplan Sommerferien 31.07. - 14.09.2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
	BJJ 17:30 – 19:00	BJJ 18:00 – 19:30	BJJ 18:00 – 19:30	Yoga 9:00 – 10:30	Combat Boxing and Weapons 10:30 – 12:00
Combat Boxing and Weapons 17:00 – 18:00	Judo 18:00 – 19:30	Karate * 18:00 – 19:30	Fitness 18:30 – 19:30		BJJ 11:00 – 13:00
BJJ 18:45 – 20:15	Fitness 19:30 – 20:30	Combat Boxing and Weapons * 18:00 – 19:30	Judo 19:30 – 21:00	Judo 18:00 – 19:30	
Volleyball 20:15 – 21:45	Boxen 19:15 – 20:45	Yoga 19:30 – 21:00	Judo 21:00 – 22:00	Karate 19:30 – 21:00	Aikido 18:30 – 20:15
	Aikido 20:30 – 22:00		Aikido 19:30 – 22:00		

\* Findet nach Absprache statt