

| Time | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|-------|---|---------|---------|---------|-----------------------------------|---------------------------------------|---|---------|--|---------|--------------------------------|---------------------|------------------------------|---------------------------------------|--|---------|--|---------|---------|---------|
| | Matte 1 | Matte 2 | Matte 3 | Matte 4 | Matte 1 | Matte 2 | Matte 3 | Matte 4 | Matte 1 | Matte 2 | Matte 3 | Matte 4 | Matte 1 | Matte 2 | Matte 3 | Matte 4 | Matte 1 | Matte 2 | Matte 3 | Matte 4 |
| 16:00 | | | | | | | | | | | | | | | | | 15:50-16:50 K | | | |
| 16:30 | | | | | 16:30-17:30 K | | | | | | | | 16:30-17:30 K | | | | | | | |
| 17:00 | 17:00 - 18:30 Randori Mittlere/Fortgeschrittene/ Übergangsgruppe | | | | | 17:00 - 18:30 Training nach Stufen | | | 17:00 - 18:30 Randori Mittlere/Fortgeschrittene | | | | | 17:00 - 18:30 Training nach Stufen | | | 17:00 - 18:30 Training nach Stufen | | | |
| 17:30 | | | | | | A | M | F + Ü | | | | | | A | M | F | | | | |
| 18:00 | Offene Matte | | | | | | Individual-Training | | Offene Matte | | | | 17:45-19:15 A Freizeit | Gürtelprüfungs- Training | Offene Matte | | Spiele / Turnen | | | |
| 18:30 | | | | | Gürtelprüfungs- Training | | | | | | | | | | | | | | | |
| 19:00 | 19:15 - 21:00 Technik + Randori Erwachsene | | | | 19:00 - 20:30 Dan- Training | | Konditions-Training (Kraft und Ausdauer) | | 19:15 - 21:00 Randori Erwachsene/ Übergangsgruppe | | | | | | 19:00 - 20:30 Sindelfingen Randori | | 19:15 - 21:00 Technik + Randori Erwachsene/Übergangsgruppe | | | |
| 19:30 | | | | | | 19:30 - 21:20 E Freizeit | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | 20:00 - 21:30 E Freizeit | 20:00 - 21:30 SV | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | |

Schlüssel:

| | Stufen | Gürtel (als Richtlinie) | Kyu |
|-----|------------------|-------------------------|--------|
| K = | Kindergarten | weiss | |
| A = | Anfänger | weiss + weiss-gelb | 8 & 7 |
| M = | Mittlere | gelb + gelb-orange | 7 & 6 |
| F = | Fortgeschrittene | orange bis grün | 5 to 3 |
| E = | Erwachsene | blau und höher | 2 |

