

WOCHENTRAININGSPLAN RLZ-ZJV

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	08:00 – 09:30		08:00 – 09:30		8:00 – 9:30	
	Judo Technik (Uster)		KraftTraining (Uster)		"Fitness" (Uster)	
16:30-18:30		13:30 - 15:30		13:30 - 15:30		
KraftTraining (Uster)		Judo Technik (Uster)		Judo Technik (Uster)		
19:30 - 21:15	19:00 - 20:45	18:30 - 20:00	19:30 - 21:15	19:00 - 20:45		
Judo Technik + Randori (Uster)	Judo Randori (Brugg/Wetzikon)	Judo Randori (Zürich)	Judo Technik + Randori (Uster)	Judo Randori (Brugg/Wetzikon)		