

Stundenplan WingTsun Akademie Uster

| Disziplin | Zeit | Ausbilder/in | translation missing: en.pdf.info |
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Monday

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| Zwergen-WingTsun | 16:15 - 16:45 | Renata Staub | für 4-6 Jahre |
| KidsWingTsun | 17:15 - 18:15 | Renata Staub | Kinder 7-9 Jahre |
| WingTsun | 18:30 - 20:00 | Sifu Ahmed Al-Jabaji | Erwachsene , alle Stufen. |

Tuesday

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| Jugend-WingTsun | 18:15 - 19:30 | Stephan Sagmeister | ab 10 Jahre |
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Wednesday

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| WingTsun | 18:45 - 20:15 | Pavlos Psomiadis | Erwachsene, alle Stufen |
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Thursday

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| KidsWingTsun | 17:15 - 18:15 | Sifu Ahmed Al-Jabaji | Kids-WingTsun 7-9 Jahre |
| Elements-WingTsun | 18:30 - 19:00 | Sifu Ahmed Al-Jabaji | FightFit/Defence/Sensory im Wechsel |
| Escrima | 19:30 - 20:30 | Sifu Ahmed Al-Jabaji | Escrima |

Friday

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|-------------------|---------------|----------------------|-------------------------------------|
| Elements-WingTsun | 10:00 - 11:00 | Sifu Ahmed Al-Jabaji | Defence/FightFit/Sensory im Wechsel |
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