

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|----------------------------------|-------------------------------|--|---|--|--|---------|
| | 08:00 – 09:30 | | 08:00 – 09:30 | | | |
| | Judo - Technik (Uster) | | Physisch (Uster) | | | |
| | | | | | 10:00 - 12:00 | |
| | | | | | Judo Ne-waza / Physisch Uster (Brugg / Uster) | |
| 16:30 – 18:45 | | | | 15:30-16:30 | | |
| Physisch (Uster) | | | | Judo – Technik (Uster) | | |
| Abend | 19:00-21:00 | 17:30 - 20:00 | Abend | 19:00-21:00 | | |
| Judo – Randori (Heimclub) | Judo – Randori (Brugg) | Judo – Technik & Randori (Zürich) | Regeneration / Judo – Randori (Uster/Heimclub) | Judo - Randori (Brugg/Heimclub) | | |