

KORYO GYM

Next Generation



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
07:00-08:00		YOGA*		YOGA*	YOGA*	EVENTS
08:00-09:00		MORNING DRILLS*		MORNING DRILLS*	MORNING DRILLS*	
09:30-12:00	PRIVATE CLASSES*	PRIVATE CLASSES*	PRIVATE CLASSES*	PRIVATE CLASSES*	PRIVATE CLASSES*	
12:30-14:00	COMPETITION	COMPETITION	COMPETITION	COMPETITION	COMPETITION	
14:00-16:00	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	
16:00-17:00		MINIS 6-9 J.		MINIS 6-9 J.		
17:00-18:00		KIDS 9-13 J.		KIDS 9-13 J.		
18:15-19:15		DRILLS GI		OPEN TRAINING	FOUNDATIONS SELF-DEFENSE	
19:30-21:00	GI	FOUNDATIONS SELF-DEFENSE	GI	FOUNDATIONS SELF-DEFENSE	GI	



CHECKMATE DOJO BERLIN

BEGINNER

INTERMEDIATE

ALL LEVELS

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