

Belegungsplan Ü-Raum links Stand 01.03.23

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
9:00	9:15		Easy Workout 09:00-10:00 Caro						
9:15	9:30								
9:30	9:45								
9:45	10:00								
10:00	10:15								
10:15	10:30								
10:30	10:45								
10:45	11:00								
11:00	11:15								
11:15	11:30								
11:30	11:45								
11:45	12:00								
12:00	12:15								
12:15	12:30								
12:30	12:45								
12:45	13:00								
13:00	13:15								
13:15	13:30								
13:30	13:45								
13:45	14:00								
14:00	14:15						Hip Hop 14:00-14:30 Felicitas		
14:15	14:30								
14:30	14:45								
14:45	15:00								
15:00	15:15								
15:15	15:30								
15:30	15:45			Kindertanz 3-5 Jahre 15:30- 16:15		Tischtennis Jugend & Erwachsene 16:30-20:00			
15:45	16:00								
16:00	16:15				Sportakrobatik 16:00-18:00 Katja (pausiert)				
16:15	16:30								
16:30	16:45								
16:45	17:00	Just Grow 16:45-18:15							
17:00	17:15								
17:15	17:30		Fit ab 50 17:15-18:15 Martina						
17:30	17:45								
17:45	18:00								
18:00	18:15								
18:15	18:30				Hip Hop 14 Jahre ab 17:15-18:15				
18:30	18:45	Vitalgymnastik 18:30-19:30 Elena							
18:45	19:00								
19:00	19:15		LTK Freie Trainingszeit 18:30 bis open End	Zumba® 18:45-19:45 Verena					
19:15	19:30								
19:30	19:45	Neues Kursangebot ?							
19:45	20:00					Neues Kursangebot ?			
20:00	20:15								
20:15	20:30								
20:30	20:45								
20:45	21:00								
21:00	21:15								
21:15	21:30								
21:30	21:45								
21:45	22:00								
22:00	22:15								

Belegungsplan Ü-Raum rechts Stand 01.03.2023

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
8:00	8:30								
8:30	9:00								
9:00	9:15								
9:15	9:30								
9:30	9:45								
9:45	10:00								
10:00	10:15						Freies Karate Training 10:00-12:00		
10:15	10:30								
10:30	10:45								
10:45	11:00								
11:00	11:15								
11:15	11:30								
11:30	11:45								
11:45	12:00								
12:00	12:15								
12:15	12:30								
12:30	12:45								
12:45	13:00								
13:00	13:15								
13:15	13:30								
13:30	13:45								
13:45	14:00								
14:00	14:15								
14:15	14:30								
14:30	14:45								
14:45	15:00								
15:00	15:15								
15:15	15:30			Orthopädisches Training 15:00- 16:00 Tim					
15:30	15:45								
15:45	16:00								
16:00	16:15								
16:15	16:30								
16:30	16:45								
16:45	17:00								
17:00	17:15	Sportakrobatik 17:00-19:00 Sonja	Kihon-Kata-Kumite (Kinder/Schüler Jugend/Junioren) 17:00-18:00 Niels		Kihon-Kata-Kumite (Kinder/Schüler/ Jugend/Junioren) 17:00-18:00 Rolf	Landtraining Neptun 16:30- 18:00 Wiebke			
17:15	17:30								
17:30	17:45								
17:45	18:00								
18:00	18:15								
18:15	18:30		Grundschule Fortgeschrittene Kinder 18:00-19:00 Niels		Kumite (Kinder/Schüler/Jugend/Ju nioren) 18:00-19:00 Michael				
18:30	18:45			Kata Turniervorber. 18:30-19:30 Rolf					
18:45	19:00								
19:00	19:15	Yoga `Vinyasa` 19:00-20:30 Ayleen	Kihon-Kata- Kumite (Senioren) 19:00- 21:00 Rolf		Kumite(Kinder nach Absprache & Erwachsene aller Graduierung) 19:00-20:00 Uhr				
19:15	19:30								
19:30	19:45								
19:45	20:00								
20:00	20:15								
20:15	20:30				Kihon-Kata- Kumite (Erwachsene) 20:00-21:00 Rolf				
20:30	20:45								
20:45	21:00								
21:00	21:15								
21:15	21:30								
21:30	21:45								
21:45	22:00								
22:00	22:15								

Belegungsplan Geräteraum Stand 01.03.2023

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:00	9:15						
9:15	9:30						
9:30	9:45						
9:45	10:00	Trainings-gruppe	Trainings-gruppe		Trainings-gruppe	Trainings-gruppe	
10:00	10:15						
10:15	10:30						
10:30	10:45						
10:45	11:00						
11:00	11:15						
11:15	11:30						
11:30	11:45						
11:45	12:00						
12:00	12:15						
12:15	12:30						
12:30	12:45						
12:45	13:00						
13:00	13:15						
13:15	13:30						
13:30	13:45						
13:45	14:00						
14:00	14:15						
14:15	14:30						
14:30	14:45						
14:45	15:00			Trainings-gruppe			
15:00	15:15						
15:15	15:30						
15:30	15:45						
15:45	16:00						
16:00	16:15						
16:15	16:30						
16:30	16:45						
16:45	17:00						
17:00	17:15						
17:15	17:30			Trainings-gruppe 17:30-19:00 Ulla			
17:30	17:45						
17:45	18:00						
18:00	18:15						
18:15	18:30						
18:30	18:45	Trainings-gruppe					
18:45	19:00						
19:00	19:15						
19:15	19:30						
19:30	19:45						
19:45	20:00						
20:00	20:15						

Belegungsplan Saal 01.03.2023

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:00	9:00							
9:00	9:15	Rückenfit 09:00-10:00 Caro			Complete Bodyworkout 09:00-10:00 Caro		Herzsport 08:00-10:00 Elena (ab September)	
9:15	9:30							
9:30	9:45							
9:45	10:00							
10:00	10:15		Vitalgymnastik 10:00-11:00 Elena		Sport in der Krebsnach-sorge 10:20-11:20			
10:15	10:30							
10:30	10:45							
10:45	11:00							
11:00	11:15						Hip Hop Formation 11:00-16:00	
11:15	11:30							
11:30	11:45							
11:45	12:00							
12:00	12:15							
12:15	12:30							
12:30	12:45							
12:45	13:00							
13:00	13:15							
13:15	13:30							
13:30	13:45							
13:45	14:00							
14:00	14:15							
14:15	14:30							
14:30	14:45							
14:45	15:00							
15:00	15:15							
15:15	15:30							
15:30	15:45							
15:45	16:00	Hip Hop 5-6 J. 15:30-16:15						
16:00	16:15							
16:15	16:30							
16:30	16:45	Hip Hop 7-8 J. 16:30-17:30		Herzsport Tim 16:15 - 17:15	Kindertanz ab 3J. 16:15-17:00			
16:45	17:00							
17:00	17:15							
17:15	17:30					Yoga 17:00-18:00 Isabel		
17:30	17:45							
17:45	18:00	Hip Hop 9-10 J. 17:45-18:45	Flexi Power 17:45-18:45 Marianna	Zumba® Extern 17:30-18:30	Rücken Aktiv 17:30-18:30 Elena			
18:00	18:15							
18:15	18:30							
18:30	18:45							
18:45	19:00							
19:00	19:15							
19:15	19:30	Hip Hop ab 18 J. 18:45-19:45	Tanzen Paare (Anfänger) 19:00-20:30 Ulla + Wolfgang	Tanzen Fortgeschritten 19:00-20:30 Ulla + Wolfgang				
19:30	19:45							
19:45	20:00				Tanzen Paare 19:30-21:00 Annette	LTK freie Trainingszeit ab 18:30		
20:00	20:15	Tanzen Paare 20:00-21:30 Wolfgang + Antje						
20:15	20:30							
20:30	20:45							
20:45	21:00							
21:00	21:15		LTK freie Trainingszeit ab 20:45					
21:15	21:30							
21:30	21:45							
21:45	22:00							
22:00	22:15							