

Belegungsplan Saal unten Stand 01.10.25

| Von   | Bis   | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|-------|--------|----------|----------|------------|---------|---------|---------|
| 9:00  | 9:15  |        |          |          |            |         |         |         |
| 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 |        |          |          |            |         |         |         |
| 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 |        |          |          |            |         |         |         |
| 16:00 | 16:15 |        |          |          |            |         |         |         |
| 16:15 | 16:30 |        |          |          |            |         |         |         |
| 16:30 | 16:45 |        |          |          |            |         |         |         |
| 16:45 | 17:00 |        |          |          |            |         |         |         |
| 17:00 | 17:15 |        |          |          |            |         |         |         |
| 17:15 | 17:30 |        |          |          |            |         |         |         |
| 17:30 | 17:45 |        |          |          |            |         |         |         |
| 17:45 | 18:00 |        |          |          |            |         |         |         |
| 18:00 | 18:15 |        |          |          |            |         |         |         |
| 18:15 | 18:30 |        |          |          |            |         |         |         |
| 18:30 | 18:45 |        |          |          |            |         |         |         |
| 18:45 | 19:00 |        |          |          |            |         |         |         |
| 19:00 | 19:15 |        |          |          |            |         |         |         |
| 19:15 | 19:30 |        |          |          |            |         |         |         |
| 19:30 | 19:45 |        |          |          |            |         |         |         |
| 19:45 | 20:00 |        |          |          |            |         |         |         |
| 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 |        |          |          |            |         |         |         |

|  |                 |
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|  | Fit und Vital   |
|  | Hip Hop         |
|  | Latin Team Kiel |
|  | Rehasport       |
|  | Tischtennis     |

Belegungsplan Karateraum Stand 01.10.25

| 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 |                                               |                                                           |          |                                                        |                                                                   | 10:00-12:00<br>Kindertraining,<br>Anfänger,<br>Fortgeschritten |         |
| 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 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 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<br>17:00-18:30 Matti           | Kinder Training<br>Anfänger<br>17:00-18:00<br>Niels       |          | 17:00 -19:00<br>freies Training<br>(nach<br>Absprache) | (ab September)<br>Landtraining<br>Neptun<br>16:30-18:00<br>Wiebke |                                                                |         |
| 17:15 | 17:30 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 17:30 | 17:45 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 17:45 | 18:00 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 18:00 | 18:15 | Vinyasa Flow<br>(Yoga)<br>18:30-20:00<br>Anna | Kindertraining<br>Fortgeschritten<br>18:00-19:00<br>Niels |          |                                                        |                                                                   |                                                                |         |
| 18:15 | 18:30 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 18:30 | 18:45 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 18:45 | 19:00 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 19:00 | 19:15 |                                               | 19:00-20:00<br>Erwachsene,<br>Anfänger<br>Rolf            |          | 19:00-20:00<br>Erwachsene<br>Anfänger                  |                                                                   |                                                                |         |
| 19:15 | 19:30 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 19:30 | 19:45 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 19:45 | 20:00 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 20:00 | 20:15 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |
| 20:15 | 20:30 |                                               | 20:00 - 21:00<br>Oberstufe und<br>DAN Kumite              |          | 20:00-21:00<br>Oberstufe und<br>DAN Kumite             |                                                                   |                                                                |         |
| 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 |                                               |                                                           |          |                                                        |                                                                   |                                                                |         |

|  |                |
|--|----------------|
|  | Fit und Vital  |
|  | Hip Hop        |
|  | Karate         |
|  | Neptun         |
|  | Sportakrobatik |

**Belegungsplan Fitnessraum Stand 01.10.25**

| 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<br>17:30-19:00<br>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 |                  |                  |                                         |                  |                  |         |

Die Nutzung des Fitnessraums ist mit dem Sonderbeitrag "Fit und Vital" möglich (nach Geräteeinweisung)

Belegungsplan Saal oben 01.10.25

| Von   | Bis   | Montag                                             | Dienstag                                        | Mittwoch                                                    | Donnerstag                                              | Freitag                                  | Samstag                             | Sonntag |  |  |  |
|-------|-------|----------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------|------------------------------------------|-------------------------------------|---------|--|--|--|
| 8:00  | 9:00  |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 9:00  | 9:15  | Rückenfit<br>09:00-10:00<br>Caro                   | Easy Workout<br>09:00-10:00<br>Caro             |                                                             | Complete<br>Bodyworkout<br>09:00-10:00<br>Caro          |                                          |                                     |         |  |  |  |
| 9:15  | 9:30  |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 9:30  | 9:45  |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 9:45  | 10:00 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 10:00 | 10:15 |                                                    |                                                 |                                                             | Sport in der<br>Krebsnach-sorge<br>10:20-11:20<br>Elena |                                          |                                     |         |  |  |  |
| 10:15 | 10:30 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 10:30 | 10:45 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 10:45 | 11:00 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 11:00 | 11:15 |                                                    |                                                 |                                                             |                                                         |                                          | Hip Hop<br>Formation<br>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 | Just Shorty's<br>5-6 J.<br>15:30-16:15<br>Finnja   | Just Tiny 2<br>3-4 J.<br>15:30-16:15<br>Finnja  |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 15:45 | 16:00 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 16:00 | 16:15 |                                                    | Just Create<br>7-12 J.<br>16:25-17:55<br>Finnja |                                                             | Just Tiny 1<br>3-4 J.<br>16:00-17:00<br>Rielou          |                                          |                                     |         |  |  |  |
| 16:15 | 16:30 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 16:30 | 16:45 | Just Groove<br>7-8 J.<br>16:30-17:30<br>Finnja     |                                                 |                                                             | Herzsport<br>16:15-17:15<br>Tim                         |                                          |                                     |         |  |  |  |
| 16:45 | 17:00 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 17:00 | 17:15 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 17:15 | 17:30 |                                                    |                                                 | Movemax<br>17:15 - 18:15<br>Ilona                           | Rücken Aktiv<br>17:30-18:30<br>Elena                    | Yoga<br>17:00-18:00<br>Isabel            |                                     |         |  |  |  |
| 17:30 | 17:45 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 17:45 | 18:00 | Just Right<br>9-10 J.<br>17:45-18:45<br>Finnja     | Flexi Power<br>18:00-19:00<br>Marianna          |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 18:00 | 18:15 |                                                    |                                                 |                                                             | Hip Hop Ü30<br>18:15-19:15                              | Hip Hop<br>Freitraining 18:30<br>- 19:30 |                                     |         |  |  |  |
| 18:15 | 18:30 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 18:30 | 18:45 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 18:45 | 19:00 | Just Dance<br>ab 18 J.<br>18:50-19:50 Marie        | Hip Hop<br>Freitraining 19:00<br>-20:30         | Tanzen<br>Fortgeschritten<br>19:15-21:00 Ulla<br>+ Wolfgang | Tanzen<br>Paare<br>19:30-21:00<br>Annette               | LTK freie<br>Trainingszeit<br>ab 18:30   |                                     |         |  |  |  |
| 19:00 | 19:15 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 19:15 | 19:30 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 19:30 | 19:45 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 19:45 | 20:00 | Tanzen<br>Paare<br>20:00-21:30<br>Wolfgang + Antje | LTK freie<br>Trainingszeit ab<br>20:45          |                                                             |                                                         |                                          |                                     |         |  |  |  |
| 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 |                                                    |                                                 |                                                             |                                                         |                                          |                                     |         |  |  |  |

|  |                 |
|--|-----------------|
|  | Fit und Vital   |
|  | Hip Hop         |
|  | Latin Team Kiel |
|  | Rehasport       |
|  | Tanzen          |
|  | Sportakrobatik  |