

Belegungsplan Saal 2 (unten) Sommerferien (06.07. - 16.08.)

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00	09:15	Rückenfit 09:00-10:00 Caro	Easy Workout 09:00-10:00 Caro		Complete Bodyworkout 09:00-10:00 Caro			
09:15	09:30							
09:30	09:45							
09:45	10:00							
10:00	10:15							
10:15	10:30				Krebsnachsorge 10:15-11:30 (Elena)			
10:30	10:45							
10:45	11:00							
11:00	11:15							
11:15	11:30							
11:30	11:45						Out of Zone 11:30-13:00	
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			Orthopädisches Training 15:00-16:00 Tim	LTK Freittraining 15:00-18:00 Uhr (in KW 30 & 31) alle anderen KW 16:00 - 18:00 Uhr	Tischtennis Jugend & Erwachsene 16:30-20:00		
15:00	15:15							
15:15	15:30							
15:30	15:45							
15:45	16:00		Just Level Up 16:00-17:25 Seda	Herzsport 16:15-17:15 Ilona				
16:00	16:15							
16:15	16:30							
16:30	16:45	Just Grow 13-17 J. 16:45-18:15 Seda		Just Teens Antonia				
16:45	17:00							
17:00	17:15			Fit ab 50 17:30-18:30 Martina				
17:15	17:30							
17:30	17:45							
17:45	18:00							
18:00	18:15							
18:15	18:30							
18:30	18:45	Senioren Aktiv 18:30-19:30 Elena	LTK Freittraining ab 18:30	LTK Freittraining ab 18:30	Out of Zone 18:15-19:30			
18:45	19:00							
19:00	19:15							
19:15	19:30							
19:30	19:45	Kung Fu 19:30-20:30 Sönke						
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							

findet eingeschränkt statt

findet statt

findet nicht statt

Belegungsplan (Karateraum) Sommerferien (06.07. - 16.08.)

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
08:00	08:30								
08:30	09:00								
09:00	09:15								
09:15	09:30								
09:30	09:45								
09:45	10:00								
10:00	10:15						10:00-12:00 Kindertraining, Anfänger, 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 17:00-18:30 Matti	Kinder Training Anfänger 17:00-18:00 Niels		17:00 -19:00 freies Training (nach Absprache)	(ab September) Landtraining Neptun 16:30-18:00 Wiebke			
17:15	17:30								
17:30	17:45		Kindertraining Fortgeschritten 18:00-19:00 Niels						
17:45	18:00								
18:00	18:15	Vinyasa Flow (Yoga) 18:15-19:45 Lisa							
18:15	18:30								
18:30	18:45		19:00-20:00 Erwachsene, Anfänger Rolf	Kung Fu 18:30-20:30 Hauke					
18:45	19:00								
19:00	19:15		20:00 - 21:00 Oberstufe und DAN Kumite		19:00-20:00 Erwachsene Anfänger				
19:15	19:30								
19:30	19:45	Kung Fu 20:30-21:30 Sönke			20:00-21:00 Oberstufe und DAN Kumite				
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								

findet eingeschränkt statt

findet statt

findet nicht statt

Belegungsplan Saal 2 (oben), in den Sommerferien gesperrt (06.07. bis 09.08.)

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00	09:00	Rückenfit 09:00-10:00 Caro	Easy Workout 09:00-10:00 Caro		Complete Bodyworkout 09:00-10:00 Caro			
09:00	09:15							
09:15	09:30							
09:30	09:45							
09:45	10:00							
10:00	10:15				Sport in der Krebsnach-sorge 10:20-11:20 Elena			
10:15	10:30							
10:30	10:45							
10:45	11:00							
11:00	11:15							
11:15	11:30							
11:30	11:45						Out of Zone 11:30-13:00	
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 5-6 J. 15:30-16:15 Finnja	Just Tiny 2 3-4 J. 15:30-16:15 Finnja	Just Littlez 15:15- 16:00 Emma				
15:45	16:00							
16:00	16:15				Just Tiny 1 3-4 J. 16:00-17:00 Rielou			
16:15	16:30							
16:30	16:45	Just Groove 7-8 J. 16:30-17:30 Finnja	Just Create 7-12 J. 16:25-17:55 Finnja	Herzsport 16:15-17:15 Tim				
16:45	17:00							
17:00	17:15					Yoga 17:00-18:00 Isabel		
17:15	17:30							
17:30	17:45			Movemax 17:15 - 18:15 Ilona	Rücken Aktiv 17:30-18:30 Elena			
17:45	18:00							
18:00	18:15	Just Right 9-10 J. 17:45-18:45 Finnja	Flexi Power 18:00-19:00 Marianna					
18:15	18:30							
18:30	18:45			Just Passion 18:15-19:15 Melina	Hip Hop Freitraining 18:30 - 19:30	Breaking & Conditioning 18:15-19:15 Jasper		
18:45	19:00							
19:00	19:15	Just Dance ab 18 J. 18:50-19:50 Antonia	Hip Hop Freitraining 19:00 -20:30					
19:15	19:30							
19:30	19:45			Tanzen Fortgeschritten 19:15-21:00 Ulla + Wolfgang	Tanzen Paare 19:30-21:00 Annette			
19:45	20:00							
20:00	20:15	Just Freestyle 20:00-21:00 Antonia						
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	eingelassen							
Saalsperrung 06.07. - 09.08.								