

Belegungsplan Saal 1 (unten) 01.08.26

| Von   | Bis   | Montag                                       | Dienstag                             | Mittwoch                                         | Donnerstag                            | Freitag | Samstag | Sonntag |
|-------|-------|----------------------------------------------|--------------------------------------|--------------------------------------------------|---------------------------------------|---------|---------|---------|
| 09:00 | 09:15 |                                              |                                      |                                                  |                                       |         |         |         |
| 09:15 | 09:30 |                                              |                                      |                                                  |                                       |         |         |         |
| 09:30 | 09:45 |                                              |                                      |                                                  |                                       |         |         |         |
| 09:45 | 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 |                                              |                                      | Orthopädisches<br>Training<br>15:00-16:00<br>Tim |                                       |         |         |         |
| 15:15 | 15:30 |                                              |                                      |                                                  |                                       |         |         |         |
| 15:30 | 15:45 |                                              |                                      |                                                  |                                       |         |         |         |
| 15:45 | 16:00 |                                              |                                      |                                                  |                                       |         |         |         |
| 16:00 | 16:15 |                                              |                                      |                                                  |                                       |         |         |         |
| 16:15 | 16:30 |                                              |                                      | Just Tiny 3<br>16:00-16:45<br>Emma               |                                       |         |         |         |
| 16:30 | 16:45 |                                              | Just Level Up<br>16:00-17:25<br>Seda |                                                  |                                       |         |         |         |
| 16:45 | 17:00 |                                              |                                      |                                                  | LTK<br>Freitaining<br>16:00-18:00 Uhr |         |         |         |
| 17:00 | 17:15 | Just Grow<br>13-17 J.<br>16:45-18:15<br>Seda |                                      | Just Teens<br>13-17 J.<br>17:00-18:00<br>Antonia |                                       |         |         |         |
| 17:15 | 17:30 |                                              |                                      |                                                  |                                       |         |         |         |
| 17:30 | 17:45 |                                              | Fit ab 50<br>17:30-18:30<br>Martina  |                                                  |                                       |         |         |         |
| 17:45 | 18:00 |                                              |                                      |                                                  |                                       |         |         |         |
| 18:00 | 18:15 |                                              |                                      |                                                  |                                       |         |         |         |
| 18:15 | 18:30 |                                              |                                      |                                                  |                                       |         |         |         |
| 18:30 | 18:45 |                                              |                                      |                                                  |                                       |         |         |         |
| 18:45 | 19:00 | Senioren Aktiv<br>18:30-19:30<br>Elena       |                                      |                                                  | Out of Zone<br>18:15-19:30            |         |         |         |
| 19:00 | 19:15 |                                              | LTK<br>Freitaining<br>ab 18:30       | LTK<br>Freitaining<br>ab 18:30                   |                                       |         |         |         |
| 19:15 | 19:30 |                                              |                                      |                                                  |                                       |         |         |         |
| 19:30 | 19:45 | Kung Fu<br>19:30-20:30<br>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 |                                              |                                      |                                                  |                                       |         |         |         |

|  |                 |
|--|-----------------|
|  | Fit und Vital   |
|  | Hip Hop         |
|  | Kung Fu         |
|  | Latin Team Kiel |
|  | Rehasport       |
|  | Tischtennis     |

Belegungsplan Karateraum 01.08.26

| 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<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 | Sportakrobatik<br>16:45-18:15 Matti<br>(bis 31.08.26) |                                                           |                                 |                                                        |                                                                   |                                                                |         |
| 17:00 | 17:15 |                                                       | 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 |                                                       | Kindertraining<br>Fortgeschritten<br>18:00-19:00<br>Niels |                                 |                                                        |                                                                   |                                                                |         |
| 18:15 | 18:30 |                                                       |                                                           |                                 |                                                        |                                                                   |                                                                |         |
| 18:30 | 18:45 | Vinyasa Flow<br>(Yoga)<br>18:15-19:45<br>Lisa         |                                                           | Kung Fu<br>18:30-20:30<br>Hauke |                                                        |                                                                   |                                                                |         |
| 18:45 | 19:00 |                                                       |                                                           |                                 |                                                        |                                                                   |                                                                |         |
| 19:00 | 19:15 |                                                       |                                                           |                                 |                                                        |                                                                   |                                                                |         |
| 19:15 | 19:30 |                                                       | 19:00-20:00<br>Erwachsene,<br>Anfänger<br>Rolf            |                                 | 19:00-20:00<br>Erwachsene<br>Anfänger                  |                                                                   |                                                                |         |
| 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 | Kung Fu<br>20:30-21:30<br>Sönke                       |                                                           |                                 |                                                        |                                                                   |                                                                |         |
| 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  
 Karate  
 Kung Fu  
 Neptun  
 Sportakrobatik

# Belegungsplan Fitnessraum 01.08.26

| Von   | Bis   | Montag          | Dienstag        | Mittwoch                               | Donnerstag      | Freitag         | Samstag |
|-------|-------|-----------------|-----------------|----------------------------------------|-----------------|-----------------|---------|
| 09:00 | 09:15 |                 |                 |                                        |                 |                 |         |
| 09:15 | 09:30 |                 |                 |                                        |                 |                 |         |
| 09:30 | 09:45 |                 |                 |                                        |                 |                 |         |
| 09:45 | 10:00 | Trainingsgruppe | Trainingsgruppe |                                        | Trainingsgruppe | Trainingsgruppe |         |
| 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 |                 |                 | Trainingsgruppe                        |                 |                 |         |
| 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 |                 |                 | Trainingsgruppe<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 | Trainingsgruppe |                 |                                        |                 |                 |         |
| 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 2 (oben) 01.08.26

| Von   | Bis   | Montag                                           | Dienstag                                        | Mittwoch                                                    | Donnerstag                                              | Freitag                                             | Samstag                    | Sonntag |
|-------|-------|--------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------|----------------------------|---------|
| 08:00 | 09:00 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 09:00 | 09:15 | 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          |                                                     |                            |         |
| 09:15 | 09:30 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 09:30 | 09:45 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 09:45 | 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 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 11:15 | 11:30 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 11:30 | 11:45 |                                                  |                                                 |                                                             |                                                         |                                                     | Out of Zone<br>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<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  | Just Littlez 15:15-<br>16:00 Emma                           |                                                         |                                                     |                            |         |
| 15:45 | 16:00 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 16:00 | 16:15 |                                                  | Just Create<br>7-12 J.<br>16:25-17:55<br>Finnja | Herzsport<br>16:15-17:15<br>Tim                             | 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   |                                                 |                                                             |                                                         |                                                     |                            |         |
| 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 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 18:15 | 18:30 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 18:30 | 18:45 |                                                  |                                                 | Just Passion<br>18:15-19:15<br>Melina                       | Hip Hop<br>Freitraining 18:30<br>- 19:30                | Breaking &<br>Conditioning<br>18:15-19:15<br>Jasper |                            |         |
| 18:45 | 19:00 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 19:00 | 19:15 | Just Dance<br>ab 18 J.<br>18:50-19:50<br>Antonia | Hip Hop<br>Freitraining 19:00<br>-20:30         | Tanzen<br>Fortgeschritten<br>19:15-21:00 Ulla<br>+ Wolfgang |                                                         |                                                     |                            |         |
| 19:15 | 19:30 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 19:30 | 19:45 |                                                  |                                                 |                                                             | Tanzen<br>Paare<br>19:30-21:00<br>Annette               |                                                     |                            |         |
| 19:45 | 20:00 |                                                  |                                                 |                                                             |                                                         |                                                     |                            |         |
| 20:00 | 20:15 | Just Freestyle<br>20:00-21:00<br>Antonia         | LTK freie<br>Trainingszeit ab<br>20:45          |                                                             |                                                         |                                                     |                            |         |
| 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          |