Belegungsplan Saal 2 (unten) 01.11.26

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						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				
15:00	15:15							
15:15	15:30							
15:30	15:45					Tischtennis Jugend & Erwachsene 16:30-20:00		
15:45	16:00				LTK Freitraining 16:00-18:00 Zumba 17:00-18:00 (19.11.-04.02.27)			
16:00	16:15		Just Level Up 16:00-17:25 Seda	Just Tiny 3 16:00-16:45 5-7 J. Alba				
16:15	16:30							
16:30	16:45							
16:45	17:00	Just Grow 13-17 J. 16:45-18:15 Seda						
17:00	17:15							
17:15	17:30							
17:30	17:45		Fit ab 50 17:30-18:30 Martina	Just Teens 13-17 J. 17:30-18:30 Antonia				
17:45	18:00							
18:00	18:15							
18:15	18:30				Out of Zone 18:15-19:30			
18:30	18:45	Senioren Aktiv 18:30-19:30 Elena	LTK Freitraining ab 18:30	Just Dance ab 18 J. 18:30-19:30 Antonia				
18:45	19:00							
19:00	19:15							
19:15	19:30							
19:30	19:45	Kung Fu 19:30-20:30 Sönke		freies Training Latin Team 19:30 - open End				
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 01.11.26

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 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	Sportakrobatik Anfängereinheit Malin 16:00-17:30						
16:15	16:30							
16:30	16:45							
16:45	17:00					(ab September) Landtraining Neptun 16:30-18:00 Wiebke		
17:00	17:15		Kinder Training Anfänger 17:00-18:00 Niels		17:00-19:00 freies Training (nach Absprache)			
17:15	17:30							
17:30	17:45							
17:45	18:00							
18:00	18:15		Kindertraining Fortgeschritten 18:00-19:00 Niels					
18:15	18:30	Vinyasa Flow (Yoga) 18:15-19:45 Lisa		Kung Fu 18:30-20:30 Hauke				
18:30	18:45							
18:45	19:00							
19:00	19:15		19:00-20:00 Erwachsene, Anfänger Rolf		19:00-20:00 Erwachsene Anfänger			
19:15	19:30							
19:30	19:45							
19:45	20:00							
20:00	20:15		20:00 - 21:00 Oberstufe und DAN Kumite		20:00-21:00 Oberstufe und DAN Kumite			
20:15	20:30							
20:30	20:45	Kung Fu 20:30-21:30 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 Geräteraum 01.11.26

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			Trainingsgruppe Ulla und Wolfgang			
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						
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 1 (oben) 01.11.26

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00	09:00							
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				Sport in der Krebsnachsorge 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							
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			Just Littlez 15:15-16:00 Alba				
15:30	15:45	Just Shorty's 5-7 J. 15:30-16:15 Finnja	Just Tiny 2 3-4 J. 15:30-16:15 Finnja					
15:45	16:00							
16:00	16:15				Just Tiny 1 3-4 J. 16:00-17:00 Rielou			
16:15	16:30		Just Create 7-12 J. 16:25-17:55 Finnja	Herzsport 16:15-17:15 Tim				
16:30	16:45	Just Groove 7-9 J. 16:30-17:30 Finnja						
16:45	17:00							
17:00	17:15					Yoga 17:00-18:00 Isabel		
17:15	17:30			Hip Hop	Rücken Aktiv 17:30-18:30 Elena			
17:30	17:45							
17:45	18:00	Just Right 9-12 J. 17:45-18:45 Finnja	Flexi Power 18:00-19:00 Marianna					
18:00	18:15							
18:15	18:30			Just Passion 18:30-19:30 Melina		Breaking & Conditioning 18:15-19:15 Jasper		
18:30	18:45				Hip Hop Freitraining 18:30 - 19:30			
18:45	19:00							
19:00	19:15	Just Commercial ab 16 Jahre 19:00-20:30 Uhr Verena	Hip Hop Freitraining 19:00 -20:30					
19:15	19:30							
19:30	19:45			freies Training Latin Team 19:30 - open End	Tanzen Paare 19:30-21:00 Annette			
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
Latin Team Kiel
Rehasport
Tanzen