Belegungsplan

TVN Halle und Fitnessraum

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag	
	Fitness-raum	Halle	Fitness-raum	Halle	Fitness-raum	Halle	Fitness-raum	Halle	Fitness-raum	Halle	Fitness-raum	Halle
9:00												
9:15		9.15-10.30 **Turnen** Fit & mobil ab 60 Jahren	09.30 - 10.30 **Turnen**				9:30-10:30 **Tanzen** Linedance	09.15 - 10.30 **Turnen** Seniorfit beweglich u. aktiv ab 60 Jahren				
9:30												
9:45												
10:00				10:00-12:00 **Polspo** Okt-April		10.00 -12.00 **Badminton**				10:00 - 12:00 **Badminton**	10.00 - 14.00 **Tanz** Garde	10.00 – 14.00 **Tanz** Garde
10:15												
10:30												
10:45	10:30-11.30 **Turnen** Stabil durch den Alltag	10.30 -12.00 **Badminton**										
11:00												
11:15												
11:30												
11:45												
12:00												
12:15								Stadt/Schule				
12:30												
12:45												
13:00												
13:15												
13:30												
13:45												
14:00		Stadt/Schule					14:00 - 15:30 **Juze** *Nachmittags-betreuung*					
14:15												
14:30					14:30 - 15:30 **Turnen** *Dance-Fitness* - Kurse für Erwachsene	14:30 - 15:30 **Turnen**				14:00 - 15:00 **Turnen** *Mädchenturnen* ab 10 Jahren		14.00 - 16.00 **Tischtennis** *Erwachsene ab 17 Jahren* (Turnier-spiele)
14:45								15:00-16:30 **Badminton**				
15:00			15:00 - 16:15 **Tanzen** Garde	15:00 - 16.30 **Tanzen** Garde					14.00 - 16.45 **Tanzen** *Seniorentanz*	15:00 - 16:00 **Turnen** *Mädchenturnen* ab 10 Jahren	14.00 - 17.00 **Budokan Wettkampf- & Fitness-training, Kurse**	
15:15												
15:30						15:30 - 16:30 **Turnen**						
15:45												
16:00					16:00 - 17:00 **Turnen** Hip Hop-Kurs					16:00 -17:30 **Badminton** *Manschaftstraining*		16.00 - 20.00 **Badminton**
16:15												
16:30	16:30 - 17:30 **Budokan** Wettkampf Training		16:30 - 17:30 **Budokan Jiu-Jitsu-Kids**	16.30 - 17.30 **Budokan Karate-Kinder** von 5 - 14 J		16:30 - 17:30 **Turnen**	16:30 - 17:45 **Budokan Jiu-Jitsu-Kids** Kinder 6 – 11 J	16:30 - 17:15 **Budokan** Wettkampf-training				
16:45								17.15 - 18.30 **Budokan Karate-Kinder** Kinder & Jgdl. von				
17:00		16:00 - 18:30 **Turnen**							17.00 -1 8.30 **Budokan Ju-Jutsu & BJJ Wettkampf-training** .			
17:15												
17:30	17:30 - 19:00 **Budokan Brazilian Jiu-Jitsu** Ab 12 J., Jgdl. & Erw,		17:30-19:00 **Budokan Jiu-Jitsu** Kinder ab 10 J. & Jgdl. & Erw.	17.30 - 19.00 **Budokan Karate-KInder** Kinder & Jgdl. von	17:30 - 18:30 **Turnen** *Power-Fun-Ladies*	17:30 - 19:00 **Turnen**	17:45 - 19:00 **Budokan Brazilian Jiu-Jitsu** Kinder ab 10 J., Jgdl. & Erw.	18.30 - 19.30 **Turnen** *Full Body Intenisve Workaout*			17.30 - 20.30 **Tanzen**	
17:45												
18:00			19:00 - 20:15 **Budokan Qi Gong & Tai Chi** Jgdl. & Erw.				19:00 - 20:00 **Turnen**					
18:15		18:15 - 19:30 **Turnen** Step & Style										
18:30					18:30 - 19:30 **Tanzen** Linedance				18.30 – 22.30 **Tanzen**			
18:45												
19:00	19:00- 20:00 **Turnen** Bodyfit Stepaerobic						20:00 - 21:00 **Turnen**					
19:15												
19:30		19:30 - 20:30 **Turnen** Full Body Intensive Workout	20:15 - 21:45 **Budokan Ju-Jutsu** Jgdl. & Erw.							19:30 - 21.00 **Turnen** *Gymnastik- und Ballspiele für Senioren*		
19:45												
20:00	20:00- 21:00 **Turnen** *Kurs: Stepaerobic, Mobiler Rücken und mehr*											
20:15												
20:30		20:30 - 22:30 **Turnen** *Hallen-hockey*			19:45 - 22:30 **Tanzen** *Paartanz* *Latein- & Standard-tänze*			19.30 - 22:00 **Badminton**				
20:45												
21:00												
21:15												
21:30												
21:45												
22:00												
22:15											Stand: 2024	
22:30												

	Fitness-raum	Halle
9:00		
9:15		9.15-10.30 **Turnen** Fit & mobil ab 60 Jahren
9:30		
9:45		
10:00		
10:15		
10:30		
10:45	10:30-11.30 **Turnen** Stabil durch den Alltag	10.30 -12.00 **Badminton**
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00		Stadt/Schule
14:15		
14:30		
14:45		
15:00		
15:15		
15:30		
15:45		
16:00		
16:15		
16:30	16:30 - 17:30 **Budokan** Wettkampf Training	
16:45		
17:00		16:00 - 18:30 **Turnen**
17:15		
17:30	17:30 - 19:00 **Budokan Brazilian Jiu-Jitsu** Ab 12 J., Jgdl. & Erw,	
17:45		
18:00		
18:15		18:15 - 19:30 **Turnen** Step & Style
18:30		
18:45		
19:00	19:00- 20:00 **Turnen** Bodyfit Stepaerobic	
19:15		
19:30		19:30 - 20:30 **Turnen** Full Body Intensive Workout
19:45		
20:00	20:00- 21:00 **Turnen** *Kurs: Stepaerobic, Mobiler Rücken und mehr*	
20:15		
20:30		20:30 - 22:30 **Turnen** *Hallen-hockey*
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15		
22:30		

	Fitness-raum	Halle
9:00		
9:15		
9:30		
9:45		
10:00		
10:15		
10:30		
10:45		
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00		
14:15		
14:30		
14:45		
15:00		15:00 - 16:15 **Tanzen** Garde
15:15		
15:30		
15:45		
16:00		
16:15		
16:30		16:30 - 17:30 **Budokan Jiu-Jitsu-Kids**
16:45		
17:00		
17:15		
17:30		17:30-19:00 **Budokan Jiu-Jitsu** Kinder ab 10 J. & Jgdl. & Erw.
17:45		
18:00		19:00 - 20:15 **Budokan Qi Gong & Tai Chi** Jgdl. & Erw.
18:15		
18:30		
18:45		
19:00		
19:15		
19:30		20:15 - 21:45 **Budokan Ju-Jutsu** Jgdl. & Erw.
19:45		
20:00		
20:15		
20:30		
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15		
22:30		

	Fitness-raum	Halle
9:00		
9:15		
9:30		
9:45		
10:00		10:00-12:00 **Polspo** Okt-April
10:15		
10:30		
10:45		
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00		
14:15		
14:30		
14:45		
15:00		15:00 - 16.30 **Tanzen** Garde
15:15		
15:30		
15:45		
16:00		
16:15		
16:30		16.30 - 17.30 **Budokan Karate-Kinder** von 5 - 14 J
16:45		
17:00		
17:15		
17:30		17.30 - 19.00 **Budokan Karate-KInder** Kinder & Jgdl. von
17:45		
18:00		
18:15		
18:30		
18:45		
19:00		
19:15		
19:30		19.00 - 22.30 **Tisch-tennis** *Erwachsene* ab 17 Jahren
19:45		
20:00		
20:15		
20:30		
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15		
22:30		

	Fitness-raum	Halle
9:00		
9:15		
9:30		
9:45		
10:00		
10:15		
10:30		
10:45		
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00		
14:15		
14:30	14:30 - 15:30 **Turnen** *Dance-Fitness* - Kurse für Erwachsene	14:30 - 15:30 **Turnen**
14:45		
15:00		
15:15		
15:30		15:30 - 16:30 **Turnen**
15:45		
16:00	16:00 - 17:00 **Turnen** Hip Hop-Kurs	
16:15		
16:30		16:30 - 17:30 **Turnen**
16:45		
17:00		
17:15		
17:30	17:30 - 18:30 **Turnen** *Power-Fun-Ladies*	17:30 - 19:00 **Turnen**
17:45		
18:00		
18:15		
18:30	18:30 - 19:30 **Tanzen** Linedance	
18:45		
19:00		19:00 - 20:30 **Turnen** *Ski-/Fitnessgymnastik*
19:15		
19:30		
19:45	19:45 - 22:30 **Tanzen** *Paartanz* *Latein- & Standard-tänze*	
19:45		
20:00		
20:15		
20:30		
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15		
22:30		

	Fitness-raum	Halle
9:00		
9:15	9:30-10:30 **Tanzen** Linedance	
9:30		
9:45		
10:00		
10:15		
10:30		
10:45		
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00	14:00 - 15:30 **Juze** *Nachmittags-betreuung*	
14:15		
14:30		
14:45		
15:00		
15:15		
15:30		
15:45		
16:00		
16:15		
16:30	16:30 - 17:45 **Budokan Jiu-Jitsu-Kids** Kinder 6 – 11 J	
16:45		
17:00		
17:15		
17:30	17:45 - 19:00 **Budokan Brazilian Jiu-Jitsu** Kinder ab 10 J., Jgdl. & Erw.	
17:45		
18:00	19:00 - 20:00 **Turnen**	
18:15		
18:30		
18:45		
19:00		
19:15		
19:30	20:00 - 21:00 **Turnen**	
19:45		
20:00		
20:15		
20:30		
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15		
22:30		

	Fitness-raum	Halle
9:00		
9:15		09.15 - 10.30 **Turnen** Seniorfit beweglich u. aktiv ab 60 Jahren
9:30		
9:45		
10:00		
10:15		
10:30		
10:45		
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		Stadt/Schule
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00		
14:15		
14:30		
14:45		15:00-16:30 **Badminton**
15:00		
15:15		
15:30		
15:45		
16:00		
16:15		
16:30		16:30 - 17:15 **Budokan** Wettkampf-training
16:45		
17:00		17.15 - 18.30 **Budokan Karate-Kinder** Kinder & Jgdl. von
17:15		
17:30		
17:45		18.30 - 19.30 **Turnen** *Full Body Intenisve Workaout*
18:00		
18:15		
18:30		
18:45		
19:00		
19:15		
19:30		19.30 - 22:00 **Badminton**
19:45		
20:00		
20:15		
20:30		
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15		
22:30		

	Fitness-raum	Halle
9:00		
9:15		
9:30		
9:45		
10:00		10:00 - 12:00 **Badminton**
10:15		
10:30		
10:45		
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00		14:00 - 15:00 **Turnen** *Mädchenturnen* ab 10 Jahren
14:15		
14:30		
14:45		15:00 - 16:00 **Turnen** *Mädchenturnen* ab 10 Jahren
15:00		
15:15		
15:30		
15:45		
16:00		16:00 -17:30 **Badminton** *Manschaftstraining*
16:15		
16:30		
16:45		
17:00		
17:15		
17:30		17:30 -19:00 **Badminton** *Manschaftstraining U15*
17:45		
18:00		
18:15		
18:30		
18:45		
19:00		
19:15		
19:30		19:30 - 21.00 **Turnen** *Gymnastik- und Ballspiele für Senioren*
19:45		
20:00		
20:15		
20:30		
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15		
22:30		

	Fitness-raum	Halle
9:00		
9:15		
9:30		
9:45		
10:00	10.00 - 14.00 **Tanz** Garde	10.00 – 14.00 **Tanz** Garde
10:15		
10:30		
10:45		
11:00		
11:15		
11:30		
11:45		
12:00		
12:15		
12:30		
12:45		
13:00		
13:15		
13:30		
13:45		
14:00	14.00 - 17.00 **Budokan Wettkampf- & Fitness-training, Kurse**	14.00 - 16.00 **Tisch-tennis** *Erwachsene ab 17 Jahren* (Turnier-spiele)
14:15		
14:30		
14:45		
15:00		
15:15		
15:30		
15:45		
16:00		16.00 - 20.00 **Badminton**
16:15		
16:30		
16:45		
17:00		
17:15		
17:30	17.30 - 20.30 **Tanzen**	
17:45		
18:00		
18:15		
18:30		
18:45		
19:00		
19:15		
19:30		
19:45		
20:00		
20:15		
20:30		
20:45		
21:00		
21:15		
21:30		
21:45		
22:00		
22:15	Stand: 2024	
22:30		