

# Hallenbelegungsplan und Trainingsplan

: Sommersaison 2025

| Zeit  | Montag                                                                                | Dienstag                                                                               | Mittwoch | Donnerstag                                                      | Freitag                                                                |                                                               | Samstag                                                          |  |
|-------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------|--|
| 09:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 10:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               | 10:00 - 11:00 Uhr<br>Tracour/FUN-Sport<br>für Kinder 6-10 Jahren |  |
| 11:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 12:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               | Heiko Ritter                                                     |  |
| 13:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 14:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 15:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 15:30 |                                                                                       |                                                                                        |          |                                                                 | 15:15 - 16:15 Uhr<br>Eltern-Kind-Turnen<br>ab 1 Jahre<br>Mira Heimsoth |                                                               |                                                                  |  |
| 16:00 |                                                                                       |                                                                                        |          |                                                                 | 16:30 - 17:30<br>Abenteuerturnen<br>3 - 6 Jahre<br>Nils Thomsen        | 16 - 18 Uhr<br><br>Karate<br><br>Andrea Döpke<br>Olaf Seifert |                                                                  |  |
| 16:30 |                                                                                       | 16:30 - 18:00 Uhr<br>Senioren-Fitness<br><br>Renate Hellwinkel                         |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 17:00 |                                                                                       |                                                                                        |          | 17:00 - 18:30 Uhr<br>Karate<br><br>Andrea Döpke<br>Olaf Seifert |                                                                        |                                                               |                                                                  |  |
|       |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 17:30 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 18:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 18:30 | 18:30 - 19:45 Uhr<br>Fitness-Gym<br>Präventionssport<br>für Alle<br>Mariele Papenheim | 18:30 - 19:45 Uhr<br>Fitnesskiste<br>Stationstraining<br>für Alle<br>Mariele Papenheim |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 19:00 | 19:00 - 20:00 Uhr<br>Herren-Fitness 35+<br>Jörg Baudach                               | 20:00 - 21:00 Uhr<br>Pilates<br><br>Carmen Klink                                       |          | 20:00 - 21:00 Uhr<br>Pilates<br><br>Carmen Klink                |                                                                        |                                                               |                                                                  |  |
| 19:30 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 20:00 | 20:00 - 21:00 Uhr<br>Frauen-Fitness 30+<br>Jörg Baudach                               |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 20:30 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 21:00 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |
| 21:30 |                                                                                       |                                                                                        |          |                                                                 |                                                                        |                                                               |                                                                  |  |