



# Hallenwochenbelegungsplan

## Trainingszeiten - 01.November 2020 bis 31.März 2021



| Uhrzeit     | Montag                             |     | Dienstag         |     | Mittwoch            |     | Donnerstag   |     | Freitag        |     | Samstag                  |     | Sonntag                               |     | Uhrzeit     |  |             |  |             |  |             |
|-------------|------------------------------------|-----|------------------|-----|---------------------|-----|--------------|-----|----------------|-----|--------------------------|-----|---------------------------------------|-----|-------------|--|-------------|--|-------------|--|-------------|
|             | 1/3                                | 2/3 | 1/3              | 2/3 | 1/3                 | 2/3 | 1/3          | 2/3 | 1/3            | 2/3 | 1/3                      | 2/3 | 1/3                                   | 2/3 |             |  |             |  |             |  |             |
| 08.00-08.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     | 08.00-08.30 |  |             |  |             |  |             |
| 08.30-09.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     | 08.30-09.00 |  |             |  |             |  |             |
| 09.00-09.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     | 09.00-09.30 |  |             |  |             |  |             |
| 09.30-10.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     | 09.30-10.00 |  |             |  |             |  |             |
| 10.00-10.30 | Kindergarten                       |     | Kindergarten     |     | Schule              |     | Fit mit Baby |     | Schule         |     | Tennisjugend             |     | Handball<br>tlw.<br>Punktspielbetrieb |     | 10.00-10.30 |  |             |  |             |  |             |
| 10.30-11.00 |                                    |     |                  |     |                     |     | Kindergarten |     |                |     |                          |     |                                       |     | 10.30-11.00 |  |             |  |             |  |             |
| 11.00-11.30 |                                    |     |                  |     |                     |     | Schule       |     |                |     |                          |     |                                       |     | 11.00-11.30 |  |             |  |             |  |             |
| 11.30-12.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     | 11.30-12.00 |  |             |  |             |  |             |
| 12.00-12.30 |                                    |     | Schule           |     | Schule              |     |              |     |                |     |                          |     |                                       |     |             |  | 12.00-12.30 |  |             |  |             |
| 12.30-13.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  | 12.30-13.00 |  |             |
| 13.00-13.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  | 13.00-13.30 |  |             |
| 13.30-14.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  | 13.30-14.00 |  |             |
| 14.00-14.30 |                                    |     |                  |     | Handball            |     |              |     |                |     |                          |     |                                       |     |             |  |             |  | 14.00-14.30 |  |             |
| 14.30-15.00 | Tänz. Früherziehung<br>3-6 jährig  |     | KiTu             |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  |             |  | 14.30-15.00 |
| 15.00-15.30 | Jazz-Dance BASIC<br>7-9 jährig     |     |                  |     |                     |     |              |     |                |     | Einrad                   |     |                                       |     |             |  |             |  | 15.00-15.30 |  |             |
| 15.30-16.00 | Jazz-Dance<br>für Fortgeschrittene |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  | 15.30-16.00 |  |             |
| 16.00-16.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  | 16.00-16.30 |  |             |
| 16.30-17.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  | 16.30-17.00 |  |             |  |             |
| 17.00-17.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  | 17.00-17.30 |  |             |  |             |
| 17.30-18.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  | 17.30-18.00 |  |             |  |             |
| 18.00-18.30 | Fußball F-Jugend                   |     | Fußball D-Jugend |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  | 18.00-18.30 |  |             |  |             |
| 18.30-19.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  | 18.30-19.00 |  |             |  |             |
| 19.00-19.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     | 19.00-19.30 |  |             |  |             |  |             |
| 19.30-20.00 |                                    |     | Aerobic          |     |                     |     |              |     |                |     |                          |     |                                       |     | 19.30-20.00 |  |             |  |             |  |             |
| 20.00-20.30 | Fußball Herren                     |     | Fußball Herren   |     | Badminton 2/3 Halle |     |              |     |                |     |                          |     |                                       |     | 20.00-20.30 |  |             |  |             |  |             |
| 20.30-21.00 |                                    |     |                  |     |                     |     |              |     | Fußball Herren |     | Tischtennis<br>1/3 Halle |     | Badminton<br>2/3 Halle                |     |             |  |             |  | 20.30-21.00 |  |             |
| 21.00-21.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  |             |  | 21.00-21.30 |
| 21.30-22.00 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  |             |  |             |  | 21.30-22.00 |
| 22.00-22.30 |                                    |     |                  |     |                     |     |              |     |                |     |                          |     |                                       |     |             |  | 22.00-22.30 |  |             |  |             |

### Schulsporthalle (durchgängig)

Montag: 19.15 - 20.15 Uhr: **Wirbelsäulengymnastik**  
 Dienstag: 16.30-17.45-18.00 - 19.10 Uhr **Yoga**

Für die Wochenenden ist der "Hallen Jahresplan" zu berücksichtigen! Für Terminanfragen verweisen wir an den Bürgermeister Herrn Panten. Weitere Infos : [www.tus-hartenholm.de](http://www.tus-hartenholm.de)