

Belegungsplan Sportarena Hittfeld Galerie während Umbau Sporthaus

Stand August 2019						
Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Zeit
09.00 - 09.30	09.00-10.15	09.00-10.30				09.00 - 09.30
09.30 - 10.00	Functional Training I	Venengymnastik		Ganzkörpertraining		09.30 - 10.00
10.30 - 11.00	10.15-11.15	11.00-12.00 B. Andresen		10.30-11.30		10.30 - 11.00
11.00 - 11.30	Fitness für Senioren I	Seniorengymnastik		Damengymnastik		11.00 - 11.30
11.30 - 12.00	11.15 - 12.15					11.30 - 12.00
12.00 - 12.30	Fitness für Senioren II					12.00 - 12.30
12.30 - 13.00	12.30-13.30					12.30 - 13.00
13.00 - 13.30	Fit für 70+					13.00 - 13.30
13.30 - 14.00	13.30-14.30					13.30 - 14.00
14.00 - 14.30	Seniorengymnastik					14.00 - 14.30
14.30 - 15.00						14.30 - 15.00
15.00 - 15.30	15.00-16.00 "Ha-ra-ka"					15.00 - 15.30
15.30 - 16.00	Rhythmische Bew.					15.30 - 16.00
16.00 - 16.30						16.00 - 16.30
16.30 - 17.00		16.00 - 18.30	16.30 - 18.00	16.00 - 17.00	16.00 - 17.00	16.00 - 16.30
17.00 - 17.30	16.30 - 18.00	Karate	Aikido	Hip-Hop Kids 5-10 J.	Karate	16.30 - 17.00
17.30 - 18.00				Hip-Hop Teens ab 11 J.		17.00 - 17.30
18.00 - 18.30	18.00 - 20.00	18.30-19.30		18.00 - 19.00		17.30 - 18.00
18.30 - 19.00	Manager	Ladies Fit/BBP	18.30 - 19.30	Hip-Hop Wettkampfgruppe		18.00 - 18.30
19.00 - 19.30	Boxen	19.30-20.30	Power-Dance	19.00 - 20.00	Triathlon	18.30 - 19.00
19.30 - 20.00		evtl.BBP oder Gym für alle	19.30-21.00	Functional Training II	18:30 - 20:30	19.00 - 19.30
20.00 - 20.30		20.30-21.30	"fit for fun"	20.00 - 22.00		20.00 - 20.30
20.30 - 21.00		Gymnastik für alle	Aikido	Krateo		20.30 - 21.00
21.00 - 21.30			20.00-22.00			21.00 - 21.30
21.30 - 22.00			in der Halle			21.30 - 22.00