

TV Rheinbrohl 2023

Hallenbelegungsplan Sportzentrum Maria-Hilf-Straße 8							12.09.2023	
alte Turnhalle	Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Uhrzeit	
	9:00 - 9:30							9:00 - 9:30
	9:30 - 10:00						9:30 - 10:00	
	10:00 - 10:30						10:00 - 10:30	
	10:30 - 11:00						10:30 - 11:00	
	11:00 - 11:30						11:00 - 11:30	
	11:30 - 12:00			11:30 - 13:00		11:30 - 13:00	11:30 - 12:00	
	12:00 - 12:30			Co-Operation		Co-Operation	12:00 - 12:30	
	12:30 - 13:00			Maximilian Kolbeschule		Maximilian Kolbeschule	12:30 - 13:00	
	13:00 - 13:30	11:30 - 16:00	11:30 - 16:00		11:30 - 16:00		13:00 - 13:30	
	13:30 - 14:00	Co-Operation	Co-Operation		Co-Operation		13:30 - 14:00	
	14:00 - 14:30	Maximilian Kolbeschule	Maximilian Kolbeschule		Maximilian Kolbeschule		14:00 - 14:30	
	14:30 - 15:00						14:30 - 15:00	
	15:00 - 15:30						15:00 - 15:30	
	15:30 - 16:00			Gr.1 15:30 - 16:15			15:30 - 16:00	
	16:00 - 16:30	Kurs 1 16:00 - 17:00		Gr.2 16:20 - 17:05			16:00 - 16:30	
	16:30 - 17:00	Kurs 2 17:00 - 18:00		Kinderturnen w/m 5 - 6 J.	16:30 - 17:30	16:00 - 18:30	16:30 - 17:00	
	17:00 - 17:30		Gr. 1 16:30 - 17:15	17:10 - 17:55	Gymnastik Frauen	Gerätturnen Mädchen	17:00 - 17:30	
	17:30 - 18:00	Eltern Kind Turnen 1-3 Jahren	Gr. 2 17:30 - 18:15	Kinderturnen w/m ab7/8J.		Leistungsriege	17:30 - 18:00	
	18:00 - 18:30	18:00 - 19:00	Kinderturnen 3 - 5 Jahren		18:00 - 19:00		18:00 - 18:30	
18:30 - 19:00	Senioren Gymnastik Männer	18:30 - 19:30		Kurs Pilates		18:30 - 19:00		
19:00 - 19:30		Jazz-Gymnastik				19:00 - 19:30		
19:30 - 20:00		19:45 - 20:45	19:30 - 20:30			19:30 - 20:00		
20:00 - 20:30		Fatburner	Gymnastik Frauen			20:00 - 20:30		
20:30 - 21:00						20:30 - 21:00		
21:00 - 21:30						21:00 - 21:30		
21:30 - 22:00						21:30 - 22:00		

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neue Turnhalle	Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Uhrzeit
	9:00 - 9:30				9:00 - 10:00		9:00 - 9:30
	9:30 - 10:00			9:30 - 10:30 Kurs Rücken-Fitness-Gymnastik	Kurs Pilates		9:30 - 10:00
	10:00 - 10:30						10:00 - 10:30
	10:30 - 11:00						10:30 - 11:00
	11:00 - 11:30						11:00 - 11:30
	11:30 - 12:00					11:30 - 13:00	11:30 - 12:00
	12:00 - 12:30			11:30 - 14:00		Co-Operation	12:00 - 12:30
	12:30 - 13:00			Co-Operation		Maximilian Kolbeschule	12:30 - 13:00
	13:00 - 13:30	11:30 - 16:00	11:30 - 16:00	Maximilian Kolbeschule	11:30 - 16:00		13:00 - 13:30
	13:30 - 14:00	Co-Operation	Co-Operation		Co-Operation		13:30 - 14:00
	14:00 - 14:30	Maximilian Kolbeschule	Maximilian Kolbeschule		Maximilian Kolbeschule		14:00 - 14:30
	14:30 - 15:00						14:30 - 15:00
	15:00 - 15:30						15:00 - 15:30
	15:30 - 16:00			Gr.1 15:30 - 16:15			15:30 - 16:00
	16:00 - 16:30			Gr.2 16:20 - 17:05			16:00 - 16:30
	16:30 - 17:00			Kinderturnen w/m 5 - 6 J.		16:00 - 18:30	16:30 - 17:00
	17:00 - 17:30		16:30 - 18:00	17:10 - 17:55		Gerätturnen Mädchen	17:00 - 17:30
	17:30 - 18:00		Akro-Teenies	Kinderturnen w/m ab7/8J.	18:00 - 19:00 Kurs gesundes Workout Find Your BALANCE	Leistungsriege	17:30 - 18:00
	18:00 - 18:30	18:00 - 19:00		18:00 - 19:00	Bauch Beine Po Rücken		18:00 - 18:30
18:30 - 19:00	Kurs Rücken-Aktiv	18:00 - 19:30	Zumba Fitness			18:30 - 19:00	
19:00 - 19:30	19:00 - 20:00	Rope-Skipping	19:00 - 20:00			19:00 - 19:30	
19:30 - 20:00	Power Jumping		Kurs Gesundheitstraining	19:15 - 20:15		19:30 - 20:00	
20:00 - 20:30				Power Jumping		20:00 - 20:30	
20:30 - 21:00		20:00 - 22:00				20:30 - 21:00	
21:00 - 21:30		Aikido				21:00 - 21:30	
21:30 - 22:00						21:30 - 22:00	