



TV Rheinbrohl 2020

Hallenbelegungsplan Sportzentrum Maria-Hilf-Straße 8							08.12.2018
neue Turnhalle	Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Uhrzeit
	9:00 - 9:30						9:00 - 9:30
	9:30 - 10:00			9:30 - 10:30 Kurs Wirbelsäulen-Gymnastik	9:30 - 10:30 Kurs Fitness-Gymnastik		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 - 14:00 Co-Operation Maximilian Kolbeschule		11:30 - 13:00 Co-Operation Maximilian Kolbeschule	11:30 - 12:00
	12:00 - 12:30						12:00 - 12:30
	12:30 - 13:00						12:30 - 13:00
	13:00 - 13:30	11:30 - 16:00 Co-Operation Maximilian Kolbeschule	11:30 - 16:00 Co-Operation Maximilian Kolbeschule		11:30 - 16:00 Co-Operation Maximilian Kolbeschule		13:00 - 13:30
	13:30 - 14:00						13:30 - 14:00
	14:00 - 14:30						14:00 - 14:30
	14:30 - 15:00						14:30 - 15:00
	15:00 - 15:30			15:00 - 16:00 Kinderturnen w/m ab 8 J.			15:00 - 15:30
	15:30 - 16:00						15:30 - 16:00
	16:00 - 16:30		16:00 - 17:00 Kurs Eltern-Kindturnen 1-3 J.	16:00-18:45 Geräteturnen Mädchen Leistungsriege			16:00 - 16:30
	16:30 - 17:00	16:00 - 18:00 Rope Skipping					16:30 - 17:00
	17:00 - 17:30		17:00 - 19:00 Rope-Skipping				17:00 - 17:30
	17:30 - 18:00						17:30 - 18:00
18:00 - 18:30	18:00-19:00 Kurs Rücken-Aktiv			18:00 - 19:00 Kurs Bauch Beine Po Rücken Workout		18:00 - 18:30	
18:30 - 19:00						18:30 - 19:00	
19:00 - 19:30	19:00 - 20:00 Senioren Gymnastik	19:00 - 20:00 Zumba Fitness	19:00 - 20:00 Erweiterungskurs Rückenfit	19:15 - 20:15 Power Jumping		19:00 - 19:30	
19:30 - 20:00						19:30 - 20:00	
20:00 - 20:30		20:00 - 22:00 Aikido				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	