

TV Rheinbrohl 2022

Hallenbelegungsplan Sportzentrum Maria-Hilf-Straße 8							01.10.2022
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 - 11:30 Kurs Yoga am Morgen					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 - 16:00 Co-Operation Maximilian Kolbeschule	11:30 - 16:00 Co-Operation Maximilian Kolbeschule	11:30 - 13:00 Co-Operation Maximilian Kolbeschule	11:30 - 16:00 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					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 - 15:30	
	15:30 - 16:00					15:30 - 16:00	
	16:00 - 16:30			Kurs 1 15:45 - 16:45 Kurs 2 16:45 - 17:45		Gr. 1 16:30 - 17:15 Gr. 2 17:30 - 18:15 Kinderturnen 3 - 5 Jahren	Gr.1 15:30 - 16:30 Kinderturnen w/m ab 5 J.
	16:30 - 17:00	Gr.2 16:30 - 17:30 Kinderturnen w/m ab 5 J.	16:30 - 17:00				
	17:00 - 17:30	Eltern Kind Turnen 1-3 Jahren					17:00 - 17:30
	17:30 - 18:00						17:30 - 18:00
	18:00 - 18:30	19:00 - 20:00					18:00 - 18:30
18:30 - 19:00	Senioren Gymnastik Männer	18:30 - 19:30 Jazz-Gymnastik			18:00 - 19:00 Kurs Pilates	18:30 - 19:00	
19:00 - 19:30				19:10 - 20:10 Rope-Skiping		19:00 - 19:30	
19:30 - 20:00		19:45 - 20:45 Fatburner	19:30 - 20:30 Gymnastik Frauen			19:30 - 20:00	
20:00 - 20:30						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						15:30 - 16:00
	16:00 - 16:30						16:00 - 16:30
	16:30 - 17:00		16:30 - 18:00	16:00 - 18:45		16:00 - 18:30	16:30 - 17:00
	17:00 - 17:30		Akro-Teenies	Gerätturnen Mädchen		Leistungsriege	17:00 - 17:30
	17:30 - 18:00			Leistungsriege	18:00 - 19:00 Kurs gesundes Workout Find Your BALANCE		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	Rope-Skipping				18:30 - 19:00	
19:00 - 19:30	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:15 - 20:15		19:00 - 19:30	
19:30 - 20:00	Power Jumping	Zumba Fitness	Kurs Rückenfit	Power Jumping		19:30 - 20:00	
20:00 - 20:30		20:00 - 22:00				20:00 - 20:30	
20:30 - 21:00		Aikido				20:30 - 21:00	
21:00 - 21:30						21:00 - 21:30	
21:30 - 22:00						21:30 - 22:00	