

TV Rheinbrohl 2024

Hallenbelegungsplan Sportzentrum Maria-Hilf-Straße 8							26.03.2024	
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-Kolbe-Schule		Maximilian-Kolbe-Schule	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-Kolbe-Schule	Maximilian-Kolbe-Schule		Maximilian-Kolbe-Schule		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 16:00 - 17:00		Gr.1 15:30 - 16:15			16:00 - 16:30	
	16:30 - 17:00	Kurs 2 17:00 - 18:00		Gr.2 16:20 - 17:05			16:30 - 17:00	
	17:00 - 17:30		Gr. 1 16:30 - 17:15	Kinderturnen w/m 5 - 6 J.	16:30 - 17:30	16:00 - 18:30	17:00 - 17:30	
	17:30 - 18:00	Eltern Kind Turnen 1-3 Jahren	Gr. 2 17:30 - 18:15	17:00 - 18:00	Gymnastik Frauen	Gerätturnen Mädchen	17:30 - 18:00	
	18:00 - 18:30	18:00 - 19:00	Kinderturnen 3 - 5 Jahren	Kinderturnen w/m ab7/8J.		Leistungsriege	18:00 - 18:30	
18:30 - 19:00	Senioren Gymnastik Männer	18:30 - 19:30		18:00 - 19:00		18:30 - 19:00		
19:00 - 19:30	19:15 - 20.45	Jazz-Gymnastik		Kurs Pilates		19:00 - 19:30		
19:30 - 20:00	Kurs Hatha-Yoga		19:30 - 20:30			19:30 - 20:00		
20:00 - 20:30		19:45 - 20:45	Gymnastik Frauen			20:00 - 20:30		
20:30 - 21:00		Fatburner				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 Kurs Pilates		9:00 - 9:30
	9:30 - 10:00		9:00 - 11:00 Kurs aktives Krabbeln für die Kleinsten	9:30 - 10:30 Kurs Rücken-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-Kolbe-Schule		11:30 - 13:00 Co-Operation Maximilian-Kolbe-Schule	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-Kolbe-Schule	11:30 - 16:00 Co-Operation Maximilian-Kolbe-Schule		11:30 - 16:00 Co-Operation Maximilian-Kolbe-Schule		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			Gr.1 15:30 - 16:15 Gr.2 16:20 - 17:05			15:30 - 16:00
	16:00 - 16:30	16:00 - 16:15 Eltern Kind Turnen		Kinderturnen w/m 5 - 6 J.			16:00 - 16:30
	16:30 - 17:00		16:30 - 18:00 Showtanz Akro-Teenies	17:00 - 18:00 Kinderturnen w/m ab7/8J.		16:00 - 18:30 Gerätturnen Mädchen Leistungsriege	16:30 - 17:00
	17:00 - 17:30	16:50 - 17:15 Eltern Kind Turnen			18:00 - 19:00 Kurs gesundes Workout Find Your BALANCE Bauch Beine Po Rücken		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 - 19:30 Rope-Skipping				18:00 - 18:30	
18:30 - 19:00			19:00 - 20:00 Kurs Gesundheitstraining			18:30 - 19:00	
19:00 - 19:30	19:00 - 20:00 Power Jumping			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	