

Trainingszeiten bzw. regelmäßige Belegungen

Uhrzeit		Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag			
von	bis	HAL	SPS	GYM	HAL	SPS	GYM	HAL	SPS	GYM	HAL	SPS	GYM	HAL	SPS	GYM	HAL	SPS	GYM	HAL	SPS	GYM	
08:00	08:30																						
08:30	09:00																						
09:00	09:30				[TU]			[TU]		[KV]	[LA]		[KV]										
09:30	10:00				[TU]	[KV]		[TU]	[GS]	[KV]	[LA]		[KV]	[SL]									
10:00	10:30			[KV]	[TU]	[KV]		[TU]	[GS]	[KV]	[LA]		[KV]	[SL]									
10:30	11:00			[KV]	[TU]			[TU]		[KV]	[LA]		[KV]	[SL]		[GS]					[SL]		
11:00	11:30													[SL]		[GS]					[SL]		
11:30	12:00														[GS]						[SL]		
12:00	12:30																				[SL]		
12:30	13:00																				[SL]		
13:00	13:30																						
13:30	14:00																						
14:00	14:30							[TU]															
14:30	15:00		[LA]		[TU]			[TU]															
15:00	15:30		[LA]	[VB]	[TU]			[TU]															
15:30	16:00	[VB]	[LA]	[VB]	[TU]			[TU]						[LA]									
16:00	16:30	[VB]		[VB]	[TU]			[TU]		[QG]	[TT]			[LA]	[KN]						[TV]		
16:30	17:00	[VB]	[GS]	[VB]	[TU]			[TU]		[QG]	[TT]			[LA]	[KN]						[TV]		
17:00	17:30	[TT]	[GS]		[TU]		[JUU]			[QG]	[TT]		[JUU]	[LA]		[JUU]					[TV]		
17:30	18:00	[TT]	[GS]		[TU]		[JUU]	[VB]		[HDS]	[TT]	[ZU]	[JUU]	[VB]		[JUU]					[TV]		
18:00	18:30	[TT]			[TU]		[JUU]	[VB]	[AS]	[HDS]	[TT]	[ZU]	[JUU]	[VB]	[BS]	[JUU]							
18:30	19:00	[TT]			[TU]		[JUU]	[VB]	[AS]	[HDS]	[TT]	[TSA]	[JUU]	[VB]	[BS]	[JUU]							
19:00	19:30	[TT]			[LA]		[JUU]	[VB]	[SKI]	[HDS]	[TT]	[TSA]	[JUU]	[VB]	[LA]	[JUU]							
19:30	20:00	[TT]	[HSG]	[HSG]	[LA]	[TSA]	[JUU]	[VB]	[SKI]	[HDS]	[TT]	[TSA]	[JUU]	[VB]	[LA]	[JUU]							
20:00	20:30	[TT]	[HSG]	[HSG]	[LA]	[TSA]	[JUU]	[VB]	[TSA]	[TU]	[TT]	[TSA]	[JUU]	[VB]		[JUU]							
20:30	21:00	[TT]	[TSA]		[BT]	[TSA]	[JUU]	[VB]	[TSA]	[TU]	[TT]	[TSA]	[JUU]	[VB]		[JUU]							
21:00	21:30	[TT]	[TSA]		[BT]	[TSA]	[JUU]	[VB]	[TSA]	[TU]	[TT]	[TSA]	[JUU]	[VB]	[TSA]	[JUU]							
21:30	22:00	[TT]	[TSA]		[BT]	[TSA]		[VB]	[TSA]		[TT]	[TSA]		[VB]	[TSA]								
22:00	22:30		[TSA]			[TSA]			[TSA]			[TSA]			[TSA]								
22:30	23:00																						
23:00	23:30																						
23:30	00:00																						

Legende

1.	[LA]	Leichtathletik
2.	[VB]	Volleyball
3.	[TT]	Tischtennis
4.	[TU]	Turnen
5.	[BT]	Badminton
6.	[JUU]	Ju-Jutsu
7.	[TSA]	Tanzen
8.	[SKI]	Ski
9.	[BOUL]	Boul
10.	[HSG]	Herzsportgruppe
11.	[KV]	Kneipp-Verein
12.	[HDS]	Hilfe durch Sport
13.	[GS]	Gesundheitssport
14.	[ZUK]	Zumba Kids
15.	[ZU]	Zumba
16.	[PR]	Prävention
17.	[AS]	Aerostep
18.	[QG]	Qi-Gong
19.	[KN]	Krebs Nachsorge
20.	[SL]	Sackloch
21.	[VLC]	Volksliederchor
22.	[SHG]	Selbsthilfegruppe
23.	[TV]	Tanzkurs Volleyballer
24.	[BS]	Body Style

[LA] Freitag 19.00-19.30 Uhr Krafraum Senioren

Belegung gesamt: 99,5 h ■ 30%
 Belegung Halle: 44 h ■ 39%
 Belegung Spiegelsaal: 27 h ■ 24%
 Belegung Gymnastikraum: 28,5 h ■ 25%