

# Hallenbelegungsplan Bewegungswelt Halle 1 01.09.2025 - 07.09.2025

|       | Montag                                                   | Dienstag                                   | Mittwoch                                                               | Donnerstag                                                           | Freitag                                                               | Samstag                                           | Sonntag                                                                 |
|-------|----------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------------|
| 08:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 08:30 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 09:00 |                                                          |                                            | Sen<br>Fit ab 60<br>A. Döse                                            |                                                                      |                                                                       |                                                   |                                                                         |
| 09:30 |                                                          |                                            |                                                                        |                                                                      | Kitu<br>Eltern-Kind-Turnen 1 1/2-2 Jahre Fr<br>C. Hauptmann           |                                                   |                                                                         |
| 10:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 10:30 |                                                          |                                            |                                                                        |                                                                      | Kitu<br>Eltern-Kind-Turnen 2-3 Jahre Fr<br>C. Hauptmann               |                                                   |                                                                         |
| 11:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   | SVT<br>Cheersport Extra Training<br>11:00-14:00                         |
| 11:30 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 12:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       | SVT<br>Cheersport Extra Training<br>12:00-17:00   |                                                                         |
| 12:30 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 13:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 13:30 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 14:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   | Ch<br>Cheersport PeeWees (Crowns Jewels)<br>A. Bose<br>14:00-16:00      |
| 14:30 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 15:00 |                                                          |                                            |                                                                        |                                                                      | Kitu<br>Eltern-Kind-Turnen 2-3 Jahre Fr<br>J. Omland                  |                                                   |                                                                         |
| 15:30 |                                                          |                                            |                                                                        | SVT<br>Sommerferienprogramm Kletterwand<br>& Parcours<br>15:30-17:30 |                                                                       |                                                   |                                                                         |
| 16:00 |                                                          |                                            | Kitu<br>Eltern-Kind-Turnen 1 1/2-3 Jahre Mi<br>A. Ehlers               |                                                                      | Einr<br>Einrad - Offenes Training für alle<br>I. Frank<br>16:00-18:00 |                                                   | Ch<br>Cheersport Juniors (Crowns Radiance)<br>H. Wittern<br>16:00-18:00 |
| 16:30 | Ges<br>Rückengymnastik Mo 16:30 Alix<br>A. Döse          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 17:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 17:30 | Fit<br>Arena - Body Fit<br>A. Struck                     |                                            |                                                                        |                                                                      |                                                                       | Fam. Trawinsky<br>Kindergeburtstag<br>17:30-20:30 |                                                                         |
| 18:00 |                                                          | ADG<br>Step Fathurner<br>ADG               |                                                                        | ADG<br>Workout Bauch-Beine-Po Donnerstag<br>C. Kühl                  | Blas<br>BOT Vororchester Probe<br>S. Sell<br>18:00-19:15              |                                                   | Ch<br>Cheersport Juniors (Crowns Radiance)                              |
| 18:30 |                                                          | Workout Bauch-Beine-Po Dienstag<br>C. Kühl | Reha<br>Reha Herzsport Mi 18:15 Saskia<br>Übungsgruppe<br>S. Dannmeier | ADG<br>Hot Iron für Fortgeschrittene<br>S. Groffmann                 |                                                                       |                                                   |                                                                         |
| 19:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 19:30 | Ges<br>Rückengymnastik Mo 19:30 Edelgard<br>E. Kostrzewa | Ges<br>Mobility Stretch & Relax            |                                                                        |                                                                      | Blas<br>BOT Hauptorchester Probe<br>D. Wollrath<br>19:30-22:00        |                                                   |                                                                         |
| 20:00 |                                                          |                                            |                                                                        | Ges<br>Faszie trifft Muskel Donnerstag<br>A. Tuchscheerer            |                                                                       |                                                   |                                                                         |
| 20:30 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 21:00 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |
| 21:30 |                                                          |                                            |                                                                        |                                                                      |                                                                       |                                                   |                                                                         |