

# Hallenbelegungsplan Seminarraum 12.10.2026 - 18.10.2026

|       | Montag                                                                            | Dienstag                             | Mittwoch                                                  | Donnerstag                                                  | Freitag                               | Samstag | Sonntag |
|-------|-----------------------------------------------------------------------------------|--------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|---------------------------------------|---------|---------|
| 08:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 08:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 09:00 | Ges<br>Autogenes Training & Nordic Walking                                        |                                      |                                                           |                                                             |                                       |         |         |
| 09:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 10:00 |                                                                                   |                                      |                                                           | Ges<br>Yoga am Donnerstag 10.00 Uhr Inge<br>I. Mergenthaler |                                       |         |         |
| 10:30 |                                                                                   |                                      | Kitu<br>Rückbildung Mi 10.15 Heike<br>H. Hunger           |                                                             |                                       |         |         |
| 11:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 11:30 |                                                                                   |                                      | Kitu<br>Babygymnastik 0 Monate bis<br>Krabbelalter        |                                                             |                                       |         |         |
| 12:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 12:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 13:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 13:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 14:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 14:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 15:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 15:30 |                                                                                   | Kitu<br>Zimt I Kinder                |                                                           |                                                             |                                       |         |         |
| 16:00 |                                                                                   | E. Unbekannt                         | Ges<br>Autogenes Training & Nordic Walking<br>M.          |                                                             |                                       |         |         |
| 16:30 |                                                                                   | Kitu<br>Zimt Elternschulung I Kinder |                                                           | Blas<br>BOT Blockflöte3<br>S. Hansen                        |                                       |         |         |
| 17:00 | Blas<br>BOT Blockflöte1<br>S. Hansen                                              | E. Unbekannt                         |                                                           |                                                             | Blas<br>BOT BOTinchen<br>G. Wittern   |         |         |
| 17:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 18:00 |                                                                                   | Kitu<br>Zimt II Jugend               | Ges<br>Yoga am Mittwoch 18.00 Uhr Inge<br>I. Mergenthaler |                                                             |                                       |         |         |
| 18:30 | Ges<br>Beckenboden Mo 18:30 Anke<br>A. Tuschkeberger                              | E. Unbekannt                         |                                                           |                                                             | Blas<br>BOT Blockflöte4<br>G. Wittern |         |         |
| 19:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 19:30 | Blas<br>BOT Register Klarinetten/Flöte<br>wöchentlicher Wechsel<br>T. Staufenberg |                                      |                                                           | Ges<br>Yoga am Donnerstag 19.30 Uhr Inge<br>I. Mergenthaler |                                       |         |         |
| 20:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 20:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 21:00 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |
| 21:30 |                                                                                   |                                      |                                                           |                                                             |                                       |         |         |