# Hallenbelegung Sommerferien - 8.-13.7.2024

| Zeit | Montag, 08.07. | | | Dienstag, 09.07. | | | Mittwoch, 10.07. | | Donnerstag, 11.07. | | | Freitag, 12.07. | | Samstag, 13.07. | | Zeit |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | GEO | Halle | Saal | GEO | Schramperweg | Halle | Halle | Saal | GEO | Halle | Saal | Halle | Saal | Halle | Saal | |
| 9.00-9.30 | | | | | | | | | | | | | | | | 9.00-9.30 |
| 9.30-10.00 | | | | | | | | | | | | | | | | 9.30-10.00 |
| 10.00-10.30 | | | Standfest und Vital / Reha | | | | | | | | | | | | | 10.00-10.30 |
| 10.30-11.00 | | | | | | | | | | | | | | | | 10.30-11.00 |
| 11.00-11.30 | | | | | | | | | | | Reha-Sport / Funktionstr. | | | | | 11.00-11.30 |
| 11.30-12.00 | | | | | | | | | | | | | | | | 11.30-12.00 |
| 12.00-12.30 | | | | | | | | | | | | | | | | 12.00-12.30 |
| 12.30-13.00 | | | | | | | | | | | | | | Rollkunstlauf: Kürtraining | | 12.30-13.00 |
| 13.00-14.00 | | | | | | | | | | | Reha-Sport (ab 13.30h) | | | | | 13.00-14.00 |
| 14.00-14.30 | | | Osteoporose-Selbsthilfe | | | | | | | | | | | | | 14.00-14.30 |
| 14.30-15.00 | | | | | | | | | | | Faszientr. u. Entspannung | | | | | 14.30-15.00 |
| 15.00-15.30 | | | Rheuma-Liga | | | | | | | | | | | | | 15.00-15.30 |
| 15.30-16.00 | | | | | | | | | | | Funktionstrai-ning f. Frauen | | | | | 15.30-16.00 |
| 16.00-16.30 | | | Fit 60+ | | | Fußball-Oldies (16.15-17.15h) | | | | | | | | | | 16.00-16.30 |
| 16.30-17.00 | | | | | | | Trampolin | Zumba | | | | | Latin- u. Pop-Dance | | | 16.30-17.00 |
| 17.00-17.30 | | | Reha-Sport f. Frauen | | | | | | | | | | | | | 17.00-17.30 |
| 17.30-18.00 | TT Kinder (17.15-18.15h) | | | | | | | | | | Rückenfit | | | | | 17.30-18.00 |
| 18.00-18.30 | | Volleyball 3.Da (18-20h), 4. Da (18-19.45h) | | Tischtennis Jugend (bis 19.45h) | | | | | Tischtennis Jugend (bis 18.45h) | VoBa 3./4. Da/ 3. H. (18.30-20.15h), 1. Da (18.30-20h), 2. Da (20-22h), 1.+2.H. + Hobby (20.15-22h) | Bewegung nach Feldenkrais (bis 19.15h) | Volleyball 3. Damen (18.15-20.15 h) | Yoga (17.45 - 19.00 h) | | | 18.00-18.30 |
| 18.30-19.00 | | | | | | Trampolin (bis 20.30 h) | Badminton Anf., 2. Mannschaft (18.30-20.00h), danach freies Spielen | | | | | | | | | 18.30-19.00 |
| 19.00-19.30 | | | | | | | | | | | | | | | | 19.00-19.30 |
| 19.30-20.00 | | | | | Funktionstr. (19.30 - 20.15 h) | | | Gofi-Kurs (nur mit Anmeldung) | | | | | | | | 19.30-20.00 |
| 20.00-20.30 | | | Step-Aerobic | | | VoBa 2. H. (ab 20.15h), Hobby (ab 20.30h) | | | | | | | | | | 20.00-20.30 |
| 20.30-21.00 | | Badminton freies Spielen (19.45-22 h) | | Tischtennis Erwachsene (ab 18.45 h) | | | | | Tischtennis Erwachsene (ab 18.45 h) | | | Volleyball 2. Herren (20.15-22h) | | | | 20.30-21.00 |
| 21.00-21.30 | | | | | | | | | | | | | | | | 21.00-21.30 |
| 21.30-22.00 | | | | | | | | | | | | | | | | 21.30-22.00 |