# Wochenplan TVE-Turnhalle

## Winter 2019/2020

**30.09.2019 - März 2020**

| Tag | Zeit | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 08:00 | | | | 09:00 | | | | 10:00 | | | | 11:00 | | | | 12:00 | | | | 13:00 | | | |
| **Montag** | | | | | | | | | **Spielgruppe**<br>2. Lebensjahr<br>L. Wotrubez | | | | | | | | | | | | | | | |
| **Dienstag** | | | | | | | **Senioren-Fitness**<br>B. Jung-König | | | | | | | | | | | | | | | | | |
| **Mittwoch** | | | | | **Kindergarten** | | | | | | | | | | | | | | | | | | | |
| **Donnerstag** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Freitag** | | | **Rücken-Fit**<br>S. Schmaus | | | | | | | | | | | | | | | | | | | | | |
| **Samstag** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Sonntag** | | | | | | | | | **Yoga** | | | | **Handball** | | | | | | | | | | | |

| Tag | Zeit | | | | | | | | | | | | | | | | | | | | | | | |
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| | 14:00 | | | | 15:00 | | | | 16:00 | | | | 17:00 | | | | 18:00 | | | | 19:00 | | | |
| **Montag** | | | | | **Kleinkind-turnen**<br>*ab 4 Jahre*<br>S. Müller<br>L. Jahn | | | | **Kinder-turnen**<br>*ab 5 Jahre*<br>N. Jeuck<br>L. Jeuck | | | | **Kinder-turnen**<br>*1. Schulljahr*<br>S. Prokasky<br>L. Jahn | | | | **Jugend-turnen**<br>*ab 12 Jahre*<br>S. Fluck<br>J. Hahn | | | | **Prellball**<br>M. Sehr | | | |
| **Dienstag** | | | | | | | **Leistungsturnen**<br>L. Linn | | | | | | | | | | **Faustball** | | | | **Fitness für Sie und Ihn**<br>P. Becker | | | |
| **Mittwoch** | | | | | | | | | **Leichtathletik**<br>*Schüler*<br>O. Hergenreder<br>N. Debo | | | | | | | | **Leichtathletik**<br>*Jgd, Senioren*<br>S. Schmitz<br>U. Waller | | | | | | | |
| **Donnerstag** | | | | | **Leistungsturnen**<br>A. Rörig | | | | | | | | | | | | **Leichtathletik**<br>*Jugend*<br>S. Schmitz<br>S. Baumann | | | | | | | |
| **Freitag** | | | | | | | | | | | **Leistungsturnen**<br>A. Rörig, K. Schmidt | | | | | | | | | | | | | |
| **Samstag** | | | | | | | | | | **Cardio-Fit**<br>P. Becker | | | | | | | | | | | | | | |
| **Sonntag** | | | | | | | | | | | | | | | | | | | | | | | | |

| Tag | Zeit | | | | | | | | | | | | | | | | | | | | | | | |
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| | 19:00 | | | | 20:00 | | | | 21:00 | | | | | | | | | | | | | | | |
| **Montag** | | | | | | | | | **Hausfrauen**<br>E. Weidenbusch | | | | | | | | | | | | | | | |
| **Dienstag** | | | | | | | **Wirbel-säulengym.**<br>P. Becker | | | | | | | | | | | | | | | | | |
| **Mittwoch** | | | | | **Allgemeine Fitness**<br>U. Stillger | | | | | | | | | | | | | | | | | | | |
| **Donnerstag** | | | **Step-Aerobic**<br>S. Müller | | | | **Fitness für Männer**<br>P. Becker | | | | | | | | | | | | | | | | | |
| **Freitag** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Samstag** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Sonntag** | | | | | | | | | | | | | | | | | | | | | | | | |