

Belegungsplan Saal unten Stand 01.05.24

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00	9:15							
9:15	9:30							
9:30	9:45							
9:45	10:00							
10:00	10:15							
10:15	10:30							
10:30	10:45							
10:45	11:00							
11:00	11:15							
11:15	11:30							
11:30	11:45							
11:45	12:00							
12:00	12:15							
12:15	12:30							
12:30	12:45							
12:45	13:00							
13:00	13:15							
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13:30	13:45							
13:45	14:00							
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14:15	14:30							
14:30	14:45							
14:45	15:00							
15:00	15:15							
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15:30	15:45							
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16:00	16:15							
16:15	16:30							
16:30	16:45							
16:45	17:00							
17:00	17:15							
17:15	17:30							
17:30	17:45							
17:45	18:00							
18:00	18:15							
18:15	18:30							
18:30	18:45							
18:45	19:00							
19:00	19:15							
19:15	19:30							
19:30	19:45							
19:45	20:00							
20:00	20:15							
20:15	20:30							
20:30	20:45							
20:45	21:00							
21:00	21:15							
21:15	21:30							
21:30	21:45							
21:45	22:00							
22:00	22:15							

- Fit und Vital
- Hip Hop
- Latin Team Kiel
- Rehasport
- Tischtennis

Belegungsplan Karateraum Stand 01.05.24

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:00	8:30							
8:30	9:00							
9:00	9:15							
9:15	9:30							
9:30	9:45							
9:45	10:00							
10:00	10:15						Freies Karate Training 10:00-12:00	
10:15	10:30							
10:30	10:45							
10:45	11:00							
11:00	11:15							
11:15	11:30							
11:30	11:45							
11:45	12:00							
12:00	12:15							
12:15	12:30							
12:30	12:45							
12:45	13:00							
13:00	13:15							
13:15	13:30							
13:30	13:45							
13:45	14:00							
14:00	14:15							
14:15	14:30							
14:30	14:45							
14:45	15:00							
15:00	15:15							
15:15	15:30							
15:30	15:45							
15:45	16:00							
16:00	16:15							
16:15	16:30							
16:30	16:45							
16:45	17:00							
17:00	17:15	Sportakrobatik 17:00-19:00 Katja	Kihon-Kata-Kumite (Kinder/Schüler Jugend/Junioren) 17:00-18:00 Niels		Kihon-Kata-Kumite Anfänger Kinder 17:00-18:00 Rolf	(ab September) Landtraining Neptun 16:30-18:00 Wiebke		
17:15	17:30							
17:30	17:45							
17:45	18:00							
18:00	18:15							
18:15	18:30		Grundschule Fortgeschrittene Kinder 18:00-19:00 Niels	Kata Turniervorber. 18:30-19:30 Rolf	Kumite Fortgeschrittene Kinder 18:00-19:00 Thorsten			
18:30	18:45							
18:45	19:00	Vinyasa Flow (Yoga) 18:30-20:00 Anna	Kihon-Kata- Kumite (Senioren) 19:00- 21:00 Rolf		Kumite (Kinder & Erwachsene) 19:00-20:00 Uhr			
19:00	19:15							
19:15	19:30							
19:30	19:45							
19:45	20:00							
20:00	20:15			Kihon-Kata- Kumite (Erwachsene) 20:00-21:00 Rolf				
20:15	20:30							
20:30	20:45							
20:45	21:00							
21:00	21:15							
21:15	21:30							
21:30	21:45							
21:45	22:00							
22:00	22:15							

- Fit und Vital
- Hip Hop
- Karate
- Neptun
- Sportakrobatik

Belegungsplan Fitnessraum Stand 01.01.24

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	
9:00	9:15							
9:15	9:30							
9:30	9:45							
9:45	10:00	Trainings-gruppe	Trainings-gruppe		Trainings-gruppe	Trainings-gruppe		
10:00	10:15							
10:15	10:30							
10:30	10:45							
10:45	11:00							
11:00	11:15							
11:15	11:30							
11:30	11:45							
11:45	12:00							
12:00	12:15							
12:15	12:30							
12:30	12:45							
12:45	13:00							
13:00	13:15							
13:15	13:30							
13:30	13:45							
13:45	14:00							
14:00	14:15							
14:15	14:30							
14:30	14:45							
14:45	15:00			Trainings-gruppe				
15:00	15:15							
15:15	15:30							
15:30	15:45							
15:45	16:00							
16:00	16:15							
16:15	16:30							
16:30	16:45							
16:45	17:00							
17:00	17:15							
17:15	17:30			Trainings-gruppe 17:30-19:00 Ulla				
17:30	17:45							
17:45	18:00							
18:00	18:15							
18:15	18:30							
18:30	18:45	Trainings-gruppe						
18:45	19:00							
19:00	19:15							
19:15	19:30							
19:30	19:45							
19:45	20:00							
20:00	20:15							

Die Nutzung des Fitnessraums ist mit dem Sonderbeitrag "Fit und Vital" möglich (nach Geräteeinweisung)

Belegungsplan Saal oben 01.05.24

Von	Bis	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
8:00	9:00								
9:00	9:15								
9:15	9:30	Rückenfit 09:00-10:00 Caro	Easy Workout 09:00-10:00 Caro		Complete Bodyworkout 09:00-10:00 Caro				
9:30	9:45								
9:45	10:00								
10:00	10:15								
10:15	10:30				Sport in der Krebsnach-sorge 10:20-11:20				
10:30	10:45								
10:45	11:00								
11:00	11:15						Hip Hop Formation 11:00-16:00		
11:15	11:30								
11:30	11:45								
11:45	12:00								
12:00	12:15								
12:15	12:30								
12:30	12:45								
12:45	13:00								
13:00	13:15								
13:15	13:30								
13:30	13:45								
13:45	14:00								
14:00	14:15								
14:15	14:30								
14:30	14:45								
14:45	15:00								
15:00	15:15								
15:15	15:30								
15:30	15:45	Just Shorty's 5-6 J. 15:30-16:15 Finnja	Just Tiny 2 3-4 J. 15:30-16:15 Finnja		Just Tiny 1 3-4 J. 15:30-16:15 Rielou				
15:45	16:00								
16:00	16:15								
16:15	16:30	Just Groove 7-8 J. 16:30-17:30 Finnja	Just Create 7-12 J. 16:25-17:55 Finnja	Herzsport Tim 16:15-17:15	Contemporary 16:15-17:30 Lenne				
16:30	16:45								
16:45	17:00								
17:00	17:15	Just Right 9-10 J. 17:45-18:45 Finnja	Flexi Power 18:00-19:00 Marianna	Antara® 17:30-18:30 Tjark	Rücken Aktiv 17:30-18:30 Elena	Yoga 17:00-18:00 Isabel			
17:15	17:30								
17:30	17:45								
17:45	18:00	Just Dance ab 18 J. 18:50-19:50 Marie	Hip Hop Freitraining 19:00 -20:30	Tanzen Fortgeschritten 19:00-20:30 Ulla + Wolfgang	Tanzen Paare 19:30-21:00 Annette	LTK freie Trainingszeit ab 18:30			
18:00	18:15								
18:15	18:30								
18:30	18:45	Tanzen Paare 20:00-21:30 Wolfgang + Antje	LTK freie Trainingszeit ab 20:45						
18:45	19:00								
19:00	19:15								
19:15	19:30								
19:30	19:45								
19:45	20:00								
20:00	20:15								
20:15	20:30								
20:30	20:45								
20:45	21:00								
21:00	21:15								
21:15	21:30								
21:30	21:45								
21:45	22:00								
22:00	22:15								

- Fit und Vital
- Hip Hop
- Latin Team Kiel
- Rehasport
- Tanzen
- Sportakrobatik