

Trainingsplan Bültenkoppel 25.05.-31.05.



Uhrzeit	Bültenkoppel			Samstag		
	Kunstrasen groß	Kleinfeld	Grand	Kunstrasen	Grand	
Montag	08:50 - 09:50	Faszientr. - MJ				
	10:00 - 11:00	Rücken Fit - MJ				Turnen
	11:10 - 12:10		Aktiv ü 50 - RL			Turnen
	12:20 - 13:20	Reha Orth. - RL				
	13:30 - 14:30		Reha Orth. - MJ			
	14:40 - 15:40					
	15:00 - 16:00					Taekwondo
	16:00 - 16:30	JMD - SMS				Taekwondo
	16:30 - 17:00	JMD - SMS	11er/1.F			Taekwondo
	17:00 - 17:30	JMD - SMS	11er/1.F			Taekwondo
	17:30 - 18:00	JMD - SMS	11er/1.F			
	18:00 - 18:30	Pilates - SA	Dance Work - KA	06er/1.C	06er/1.C	
	18:30 - 19:00	Pilates - SA	Dance Work - KA	06er/1.C	06er/1.C	
	19:00 - 19:30	Pilates - SA	Dance Work - KA	06er/1.C	06er/1.C	
	19:30 - 20:00	2.Herren	2.Herren	Langhantel - MJ		
20:00 - 20:30	2.Herren	2.Herren	Langhantel - MJ	Jedermann AS		
20:30 - 21:00	2.Herren	2.Herren		Jedermann AS		
Dienstag	08:50 - 09:50					
	10:00 - 11:00	Pilates - KA	Yoga - BC			
	11:10 - 12:10	Reha Orth. - MJ				
	12:20 - 13:20		Lungensport TF			
	13:30 - 14:30		Lungensport ND			
	14:40 - 15:40					
	15:00 - 16:00	Kindertanz	Turnen	Reha Orth. ND		
	16:00 - 16:30	Kindertanz	Turnen	Reha Orth. - VS		
	16:30 - 17:00	Kindertanz	09er/1.E	Reha Orth. - VS		
	17:00 - 17:30	Line dance	09er/1.E	Tu Spo Spi - KF	12er/5.F	
	17:30 - 18:00	Line dance	09er/1.E	Tu Spo Spi - KF	12er/5.F	
	18:00 - 18:30	06er/2.C	Total Body Workout	1.Damen		
	18:30 - 19:00	06er/2.C	Rücken Fit - KA	1.Damen		
	19:00 - 19:30	06er/2.C	Rücken Fit - KA	1.Damen	Jedermann HW	
	19:30 - 20:00	01er/1.A	01er/1.A	FdaJ - KA	Jedermann HW	
20:00 - 20:30	01er/1.A	01er/1.A	FdaJ - KA			
20:30 - 21:00	01er/1.A	01er/1.A	FdaJ - KA			
Mittwoch	08:50 - 09:50	Fit Gym - MJ				Grand
	10:00 - 11:00	Yoga - CN	Qi Gong - MAB			
	11:10 - 12:10	Yoga - CN	Qi Gong - MAB			
	12:20 - 13:20	Reha Orth. MJ				
	13:30 - 14:30	Lungensport MJ				
	14:40 - 15:40	RSG	Musikgarten			
	15:00 - 16:00	RSG	Musikgarten			
	16:00 - 16:30	Turnen	Musikgarten			
	16:30 - 17:00	Turnen	12er/3.F		13er/1.G	
	17:00 - 17:30	Turnen	12er/3.F	10er/2.E	13er/1.G	
	17:30 - 18:00	Herzsport BP	12er/3.F	10er/2.E	Hip Hop - JW	
	18:00 - 18:30	Herzsport BP		10er/2.E	Hip Hop - JW	
	18:30 - 19:00	1.Senioren	1.Senioren	Ski Gym - MG	Hip Hop - JW	Reha Orth-BP
	19:00 - 19:30	1.Senioren	1.Senioren	Ski Gym - MG		Reha Orth-BP
	19:30 - 20:00	1.Alte Herren	1.Alte Herren	Tdf	Step-TF	
20:00 - 20:30	1.Alte Herren	1.Alte Herren	Tdf	Step-TF		
20:30 - 21:00	1.Alte Herren	1.Alte Herren		Step-TF		
Donnerstag	08:50 - 09:50					Grand
	10:00 - 11:00	Fit Gym KA				
	11:10 - 12:10	Orthopädie KA				
	12:20 - 13:20		Lungensport MJ			
	13:30 - 14:30					
	14:40 - 15:40					
	15:00 - 16:00	Turnen	Tänzer Früh MBC			
	16:00 - 16:30	Turnen	Pre Ballett MBC	Taekwondo	Taekwondo	
	16:30 - 17:00	Turnen	Pre Ballett MBC	Taekwondo	Taekwondo	
	17:00 - 17:30	14er/3.+ 4. G	Tai Chi MK	Taekwondo	Taekwondo	
	17:30 - 18:00	14er/3.+ 4. G	Tai Chi MK	Taekwondo	Taekwondo	
	18:00 - 18:30		HIIT			
	18:30 - 19:00	Fit Gym AS	HIIT			
	19:00 - 19:30	Fit Gym AS				Ninjutsu
	19:30 - 20:00	1.Herren	1.Herren	Herzsport AS	Zumba	Ninjutsu
20:00 - 20:30	1.Herren	1.Herren	Herzsport AS		Ninjutsu	
20:30 - 21:00	1.Herren	1.Herren			Ninjutsu	
Freitag	08:50 - 09:50	Rücken Fit - KA				
	10:00 - 11:00	Aktiv ü 60 - KA				
	11:10 - 12:10					
	12:20 - 13:20					
	13:30 - 14:30	Ballett JS				
	14:40 - 15:40	Ballett JS				
	15:00 - 16:00	Ballett JS				
	16:00 - 16:30	Dance Mix - JSch	Fußball Kindergarten	Turnen	13er 2.G	
	16:30 - 17:00	Dance Mix - JSch	Fußball Kindergarten	Turnen	13er 2.G	
	17:00 - 17:30	08er/3.D				
	17:30 - 18:00	08er/3.D	Reha Orth. - MJ	Fußball Freizeit		
	18:00 - 18:30	08er/3.D	Reha Orth. - MJ			
	18:30 - 19:00		04er/1.B			
	19:00 - 19:30		04er/1.B	Tanz		
	19:30 - 20:00		04er/1.B	Tanz		
20:00 - 20:30		04er/1.B	Tanz			
20:30 - 21:00		04er/1.B				