

# Hallenplan - Sportheim Turnboden

Stand 25.10.16

| Zeit         | Montag | Dienstag | Mittwoch    | Donnerstag | Freitag  | Samstag | Sonntag | Zeit        |
|--------------|--------|----------|-------------|------------|----------|---------|---------|-------------|
| 8.00-8.30    |        |          |             |            |          |         |         | 8.00-8.30   |
| 8.30-9.00    |        |          |             |            |          |         |         | 8.30-9.00   |
| 9.00-9.30    |        |          |             |            |          |         |         | 9.00-9.30   |
| 9.30-10.00   |        |          |             |            |          |         |         | 9.30-10.00  |
| 10.00-10.30  |        |          |             |            | Reha     |         |         | 10.00-10.30 |
| 10.30-11.00  |        |          |             |            | E.Strauß |         |         | 10.30-11.00 |
| 11.00-11.30  |        |          |             |            |          |         |         | 11.00-11.30 |
| 11.30-12.00  |        |          |             |            |          |         |         | 11.30-12.00 |
| 12.00-12.30  |        |          |             |            |          |         |         | 12.00-12.30 |
| 12.30-13.00  |        |          |             |            |          |         |         | 12.30-13.00 |
| Mittagspause |        |          |             |            |          |         |         |             |
| 14.00-14.30  |        |          |             |            |          |         |         | 14.00-14.30 |
| 14.30-15.00  |        |          |             |            |          |         |         | 14.30-15.00 |
| 15.00-15.30  |        |          |             |            |          |         |         | 15.00-15.30 |
| 15.30-16.00  |        |          |             |            |          |         |         | 15.30-16.00 |
| 16.00-16.30  |        |          |             |            |          |         |         | 16.00-16.30 |
| 16.30-17.00  |        |          |             |            |          |         |         | 16.30-17.00 |
| 17.00-17.30  |        |          |             |            |          |         |         | 17.00-17.30 |
| 17.30-18.00  |        |          |             |            |          |         |         | 17.30-18.00 |
| 18.00-18.30  |        | Reha     |             |            |          |         |         | 18.00-18.30 |
| 18.30-19.00  |        | E.Strauß |             |            |          |         |         | 18.30-19.00 |
| 19.00-19.30  |        | Reha     |             |            |          |         |         | 19.00-19.30 |
| 19.30-20.00  |        | E.Strauß |             |            |          |         |         | 19.30-20.00 |
| 20.00-20.30  |        |          | Yoga Kurs   |            |          |         |         | 20.00-20.30 |
| 20.30-21.00  |        |          | S.Pauleweit |            |          |         |         | 20.30-21.00 |
| 21.00-21.30  |        |          |             |            |          |         |         | 21.00-21.30 |
| 21.30-22.00  |        |          |             |            |          |         |         | 21.30-22.00 |

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|--------------------|
| MTV Isenbüttel     |
| freie Hallenzeiten |