

# Hallenplan - Sportheim Spinningraum

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								10.00-10.30
10.30-11.00								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
<b>Mittagspause</b>								
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								18.00-18.30
18.30-19.00	Birgitta Spinning		Spinning verschiedene					18.30-19.00
19.00-19.30								19.00-19.30
19.30-20.00								19.30-20.00
20.00-20.30								20.00-20.30
20.30-21.00								20.30-21.00
21.00-21.30								21.00-21.30
21.30-22.00								21.30-22.00

MTV Isenbüttel
freie Hallenzeiten