

## Hallenbelegung - Kleinsporthalle

|                      | 08:30                                                                          | 09:00                                                    | 09:30                                                     | 10:00 | 10:30 | 11:00 | 11:30 | 14:30                                                                           | 15:00                                                                                            | 15:30                                                                               | 16:00                                                                                  | 16:30 | 17:00                                                                                       | 17:30                                                                       | 18:00                                                                                    | 18:30 | 19:00                                                                                       | 19:39                                                      | 20:00                                                                              | 20:30 | 21:00 |
|----------------------|--------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------|-------|-------|-------|-------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------------------------|-------|-------|
| MONTAG               |                                                                                |                                                          |                                                           |       |       |       |       |                                                                                 |                                                                                                  |                                                                                     | SuS Legden<br>Tanzen<br>Jg. 2016/2017<br>A.Dresemann<br>K.Niehues<br>16:00 - 17:00 Uhr |       | SuS Legden<br>Zumba-Kids<br>2. - 4. Schuljahr<br>M. Hölscher<br>17:00 - 18:00 Uhr           |                                                                             | SuS Legden<br>Dance Aerobic<br>S. Vinkelau<br>18:00 - 19:00 Uhr                          |       | SuS Legden<br>Indoor-Cycling<br>T. Berning<br>P. Söller<br>M.Schmeddes<br>19:00 - 20:00 Uhr |                                                            | SuS Legden<br>Turn- und<br>Breitensport<br>20:00 - 21:00 Uhr                       |       |       |
| DIENSTAG             | SuS Legden<br>Fit und aktiv<br>am Morgen<br>U. Kleideiter<br>08:30 - 09:30 Uhr |                                                          |                                                           |       |       |       |       |                                                                                 | SuS Legden<br>Tanzen<br>Jg. 2018 - 2019<br>M. Dresemann<br>C.Schulze- König<br>15:00 - 16:00 Uhr |                                                                                     |                                                                                        |       | SuS Legden<br>Tanzen<br>Jg. 2012 - 2013<br>M.Berning<br>M.Botsch<br>17:00 - 18:00 Uhr       |                                                                             | SuS Legden<br>Rückengymnastik<br>für Frauen<br>R. Schmeddes<br>18:00 - 19:00 Uhr         |       | SuS Legden<br>Pilates<br>U. Kleideiter<br>19:00 - 20:00 Uhr                                 |                                                            | SuS Legden<br>Indoor-Cycling<br>M. Vögeding<br>L. Büttelbrock<br>20:00 - 21:00 Uhr |       |       |
| MITTWOCH             |                                                                                |                                                          | KSB Kindergarten<br>„Kita Wasserburg“<br>9:30 - 11:00 Uhr |       |       |       |       | SuS Legden<br>Tanzen<br>Kindergartenkinder<br>T. Kubierske<br>14:30 - 15:30 Uhr |                                                                                                  |                                                                                     |                                                                                        |       | SuS Legden<br>Tanzen<br>Jg. 2014/2015<br>N.Iking<br>17:00 - 18:00 Uhr                       |                                                                             | SuS Legden<br>Jumping Fitness<br>N. Horstmann<br>N.van den<br>Meulenhof<br>18:00 - 19:00 |       | SuS Legden<br>HipHop<br>Jg. 2007 - 2009<br>T. Vinkelau<br>19:00 - 20:00 Uhr                 |                                                            |                                                                                    |       |       |
| DONNERSTAG           |                                                                                |                                                          |                                                           |       |       |       |       |                                                                                 |                                                                                                  |                                                                                     |                                                                                        |       | SuS Legden<br>funktionelle<br>Gymnastik<br>für Frauen 50+<br>B. Hemker<br>17:00 - 18:00 Uhr |                                                                             | SuS Legden<br>Fatburner + BOP<br>M. Schmeddes<br>18:00 - 19:00 Uhr                       |       |                                                                                             | SuS Legden<br>BodyHIIT<br>T. Vinkelau<br>19:30 - 20:30 Uhr |                                                                                    |       |       |
| FREITAG              | SuS Legden<br>Zumba<br>M.Hölscher<br>8:30 - 9:30 Uhr                           | SuS Legden<br>Mama Fit<br>S. Brüning<br>9:30 - 10:30 Uhr |                                                           |       |       |       |       |                                                                                 |                                                                                                  | SuS Legden<br>Tanzen<br>Jg. 2017/2018<br>F.Schemmer +<br>E.Hiddink<br>15:30 - 16:15 | SuS Legden<br>HipHop<br>Jg. 2010 + 2011<br>S. Vinkelau<br>16:20 - 17:20 Uhr            |       |                                                                                             | SuS Legden<br>Jumping Fitness<br>J.Enseling<br>T.Rudde<br>18:00 - 19:00 Uhr |                                                                                          |       |                                                                                             |                                                            |                                                                                    |       |       |
| SAMSTAG +<br>SONNTAG |                                                                                | SuS Legden<br>Turn- und<br>Breitensport<br>9:00 - 10:00  |                                                           |       |       |       |       |                                                                                 |                                                                                                  |                                                                                     |                                                                                        |       |                                                                                             |                                                                             |                                                                                          |       |                                                                                             |                                                            |                                                                                    |       |       |