# Belegungsplan Keinsporthalle Freibad

| | 09:00 | 09:30 | 10:00 | 10:30 | 11:00 | 11:30 | 14:00 | 14:30 | 15:00 | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Montag** | | | | | | | **SuS-Legden**<br>Kinderyoga<br>Nadine Laabs<br>1.Klasse<br>14:00-14:45Uhr | | **SuS-Legden**<br>Kinderyoga<br>Nadine Laabs<br>1.Klasse<br>15:00-15:45Uhr | | | **SuS-Legden**<br>Seniorensport<br>Helga Sprey<br>16:30-17:30 Uhr | | **SuS-Legden** | **SuS Legden**<br>DanceAerobic<br>Anna Vinkelau<br>18:00-19:00 Uhr | | **SuS-Legden**<br>Indoor-Cycling<br>Thomas Berning<br>19:00-20:00 Uhr | | **SuS-Legden**<br>Indoor-Cycling<br>Patrick Söller<br>20:15-21:15Uhr | | | |
| **Dienstag** | | | **SuS-Legden**<br>Jumping Health<br>Ulla Kleideiter<br>9:30-10:30 Uhr | | | | | | | | | | | | **SUS-Legden**<br>Rückengymnastik<br>Frauen/Männer<br>Rita Schmeddes<br>18:00-19:00 Uhr | | **SuS-Legden**<br>Pilates<br>Ulla Kleideiter<br>19:00-20:00 Uhr | | **SuS-Legden**<br>Indoor-Cycling<br>MiriamSchmeddes<br>,Lena Hüls<br>20:00-21:00 Uhr | | | |
| **Mittwoch** | | | | | | | | | | | | | **SuS-Legden**<br>Bellicon-Full-Body-Workout<br>Tanja Rudde<br>17:00-18:00 Uhr | | **SuS-Legden**<br>Bellicon-Jump-Action<br>Tanja Rudde<br>18:00-19:00 Uhr | | **SuS-Legden**<br>Hip-Hop<br>ab 7. Klasse<br>Theresa Vinkelau<br>19:00-20:00 Uhr | | | | |
| **Donnerstag** | **SuS-Legden** | | | | | | **SuS-Legden**<br>Kinderyoga<br>Nadine Laabs<br>2.Klasse<br>14:00-14:45Uhr | | **SuS-Legden**<br>Kinderyoga<br>Nadine Laabs<br>2.Klasse<br>15:00-15:45Uhr | | | | **SuS Legden**<br>funktionelle Gymnastik<br>Brigida Hemker<br>17:00-18:00 Uhr | | **SuS-Legden**<br>Fatburner+BOP<br>Martina Schmedddes<br>18:00-19:00 Uhr | | | **SUS-Legden**<br>Body-HITT<br>TheresaVinkelau<br>19:30-20:30 Uhr | | | |
| **Freitag** | | | | | | | | | | | | **SuS-Legden**<br>Hip-Hop<br>5.+6.Klasse<br>Sophia Vinkelau<br>16:30-17:30 | | **SuS-Legden**<br>Indoor-Cycling<br>Tanja Rudde<br>17:30-18:30 Uhr | | | | | | | | |
| **Samstag** | | | **SuS-Legden**<br>Body-Fit<br>Lena Hüls<br>10:00-11:00Uhr | | | | | | | | | | | | | | | | | | | |
| **Sonntag** | | | | | | | | | | | | | | | | | | | | | | |