

# Hallenplan (Oktober 2009)

Änderungen oder Korrekturen bitte melden unter 04486/

| Vormittag |  |  |   |                                  |            |  |  |  |
|-----------|--|--|---|----------------------------------|------------|--|--|--|
| Zeit      | Sonntag  | Montag   | Dienstag  | Mittwoch                         | Donnerstag | Freitag  | Samstag  |  |
| 8:00      |  |  |   | Kindergarten<br>Vormittagsgruppe |            |  |  |  |
| 8:15      |  |  |   |                                  |            |  |  |  |
| 8:30      |  |  |   |                                  |            |  |  |  |
| 8:45      |  |  |   |                                  |            |  |  |  |
| 9:00      | Fußball<br>Sonntagskicker<br>U. Wagener<br>09:00-10:30 |  |   |                                  |            | Gymnastik<br>Bauch-Beine-Po<br>C. Mintken<br>09:15-10:15 |  |  |
| 9:15      |  | <b>Eltern - Kind<br/>Turnen</b><br>J. Groothoff<br>9:30-11:00<br>0 44 86 - 333 |   |                                  |            |  |  |  |
| 9:30      |  |  |   |                                  |            |  |  |  |
| 9:45      |  |  |   |                                  |            |  |  |  |
| 10:00     |  |  | Step-Aerobic<br>Bauch-Beine-Po<br>C. Mintken<br>10:00-11:00 |                                  |            |  | <b>B- Jugend</b><br>H. Schröder<br>0 44 86 - 91 54 56<br>10:00-11:30 |  |
| 10:15     |  |  |   |                                  |            |  |  |  |
| 10:30     | Fußball<br>Ü-40<br>G. Prull<br>10:30-12:00             |  |   |                                  |            |  |  |  |
| 10:45     |  |  |   |                                  |            |  |  |  |
| 11:00     |  |  |   |                                  |            |  |  |  |
| 11:15     |  |  |   |                                  |            |  |  |  |
| 11:30     |  |  |   |                                  |            |  |  |  |
| 11:45     |  |  |   |                                  |            |  |  |  |
| 12:00     |  |  |   |                                  |            |  |  |  |
| 12:15     |  |  |   |                                  |            |  |  |  |
| 12:30     |  |  |   |                                  |            |  |  |  |
| 12:45     |  |  |   |                                  |            |  |  |  |

| Zeit  | Sonntag  | Montag   | Dienstag                          | Mittwoch  | Donnerstag  | Freitag   | Samstag  |   |
|-------|--|--|-----------------------------------|---|---|---|--|---|
| 13:00 | <b>Liquid - X</b><br>J. Kruse<br>0171-1749779<br>13:00 - 15:00 |  | Kindergarten<br>Nachmittagsgruppe |   |   |   | <b>Heimatverein</b><br>H. Coldewey<br>0 44 86 - 87 30<br>13:30 - 14:30 |   |
| 13:15 |  |  |                                   |   |   |   |  |   |
| 13:30 |  |  |                                   |   |   |   |  |   |
| 13:45 |  |  |                                   |   |   |   |  |   |
| 14:00 |  |  |                                   |   |   |   |  |   |
| 14:15 |  |  |                                   |   |   |   |  |   |
| 14:30 |  |  |                                   |   |   |   |  |   |
| 14:45 |  |  |                                   |   |   |   |  |   |
| 15:00 | Fußball  |  |                                   | <b>G2- Jugend (4 Jahre)</b><br>K. Klostermann<br>0 44 86 - 64 64<br>15:00-16:00 |   |   | <b>B- Jugend</b><br>H. Schröder<br>0 44 86 - 91 54 56<br>14:30 - 16:30 |   |
| 15:15 |  |  |                                   |   |   |   |  |   |
| 15:30 |  | <b>Kinderturn bis 5- Jahre</b><br>J. Groothoff<br>15:30-16:30<br>0 44 86 - 333 |                                   |   | <b>G1- Jugend (5 Jahre)</b><br>W. Harms<br>0 44 86 - 12 30<br>16:00-17:15 | <b>E3- Jugend</b><br>Ch. Ahlers<br>0 44 05 - 65 00<br>16:00-17:00       |  | <b>F2- Jugend</b><br>T. Blankenburg<br>0 44 86 - 21 12<br>15:30-16:30 |
| 15:45 |  |  |                                   |   |   |   |  |   |
| 16:00 |  | <b>Kinderturn ab 5- Jahre</b><br>U. Hoffmann<br>16:30-17:30<br>0 44 86 - 66 21 |                                   |   |   | <b>E1- Jugend</b><br>R. Meyer<br>0 44 86 - 71 88                        |  |   |
| 16:15 |  |  |                                   |   |   |   |  |   |
| 16:30 |  |  |                                   |   |   |   |  |   |
| 16:45 |  |  | <b>Tischtennis Jugend</b>         | <b>D- Jugend</b><br>M. Dutschke<br>0 44 05 - 98 63 39<br>17:15-18:30            | <b>F1- Jugend</b><br>J. Hinrichs<br>0 44 86 - 93 05 77<br>17:00-18:30     |   |  |   |
| 17:00 |  |  | U. Latko<br>0 44 86 - 64 64       |   |   | 16:30-18:00   |  |   |
| 17:15 |  |  |                                   |   |   |   |  |   |
| 17:30 |  |  |                                   |   |   |   |  |   |
| 17:45 |  | <b>Fussball E2- Jugend</b><br>R. Jacobs<br>17:30-19:15<br>0 44 05 - 480 60     |                                   |   |   |   |  |   |
| 18:00 |  |  |                                   |   |   |   |  |   |
| 18:15 |  |  |                                   |   |   |   |  |   |
| 18:30 |  |  |                                   |   |   |   |  |   |
| 18:45 |  |  | 17:00-20:00                       | <b>Basketball</b><br>Ch. Büsing<br>0 44 05 - 50 90 29<br>18:30-20:00            | <b>B- Jugend</b><br>H. Schröder<br>0 44 86 - 91 54 56<br>18:30-19:45      | <b>Tischtennis Jugend</b><br>U. Latko<br>0 44 86 - 64 64<br>18:00-19:30 |  |   |
| 19:00 |  |  |                                   |   |   |   |  |   |
| 19:15 |  |  |                                   |   |   |   |  |   |
| 19:30 |  | <b>Frauengymnastik</b><br>I. Setjeeilers<br>19:15-20:15<br>0 44 86 - 28 24     |                                   |   |   |   |  |   |
| 19:45 |  |  |                                   |   |   |   |  |   |
| 20:00 |  |  | <b>Tischtennis Herren / Damen</b> | <b>Volleyball</b>   | <b>Rückenschule</b><br>A. Coldewey<br>0 44 86 - 94 44 3<br>19:45-20:45    | <b>Tischtennis Herren / Damen</b>                                       |  |   |
| 20:15 |  | <b>Pilates</b><br>K. Blancke<br>0 44 05 -<br>20:15-21:15                       |                                   |   |   | D. Lohmann<br>0 44 86 - 91 97 88  |  |   |
| 20:30 |  |  | D. Lohmann<br>0 44 86 - 91 97 88  | J. Coldewey<br>0 44 86 - 94 44 3  |   |   |  |   |
| 20:45 |  |  |                                   |   |   |   |  |   |
| 21:00 |  |  |                                   |   |   |   |  |   |
| 21:15 |  | <b>Pilates</b><br>K. Blancke<br>0 44 05 -<br>21:15-22:15                       | 20:00-24:00                       | 20:00-24:00   |   | 20:00-24:00   |  |   |
| 21:30 |  |  |                                   |   |   |   |  |   |
| 21:45 |  |  |                                   |   |   |   |  |   |
| 22:00 |  |  |                                   |   |   |   |  |   |