

Sportangebot/ Trainingsplan ab Februar 2022



| Montag | Zeit | Alsdorf | | Zeit | KGS Bergrath - Hallenteil I (kein) | | Zeit | Sporthalle - Städtisches Gymnasium | |
|---------------|---------------|---|---|---------------|---|--|---------------|---|--|
| | 16:00 - 16:30 | Wettkampf Kür Übungsleiter/in: Melanie | Wettkampfturnen Übungsleiter/in: Christina, Stefan, Nicole, Susanne und Andre | 16:00 - 16:30 | Eltern-Kind-Turnen (Gruppe 1) Übungsleiter/in: Liane | Kleinkinder- Turnen ab 4 J. Übungsleiter/in: Petra und Stefan | 16:00 - 16:30 | Senioren Frauen-Gymnastik Übungsleiter/in: Liane | Funktionelle Gymnastik und Aerobic für Frauen Übungsleiter/in: Liane |
| 16:30 - 17:00 | | | | | | | | | |
| 17:00 - 17:30 | | | | | | | | | |
| 17:30 - 18:00 | | | | | | | | | |
| 18:00 - 18:30 | | | | | | | | | |
| 18:30 - 19:00 | | | | | | | | | |
| 19:00 - 19:30 | | | | | | | | | |
| 19:30 - 20:00 | | | | | | | | | |
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| 20:30 - 21:00 | | | | | | | | | |
| 21:00 - 21:30 | | | | | | | | | |
| 21:30 - 22:00 | | | | | | | | | |

Dienstag kein Sportangebot

| Mittwoch | Zeit | Alsdorf | | Zeit | KGS Bergrath - Hallenteil I (kein) | | Zeit | Sporthalle - Städtisches Gymnasium | |
|---------------|---------------|---|---|---------------|---|--|---------------|---|--|
| | 16:00 - 16:30 | Wettkampf Kür Übungsleiter/in: Melanie | Wettkampfturnen Übungsleiter/in: Christina, Stefan, Nicole, Susanne und Andre | 16:00 - 16:30 | Eltern-Kind-Turnen (Gruppe 2) Übungsleiter/in: Liane | Jugendturnen auf breitensportlicher Basis Übungsleiter/in: Petra und Kimberley | 16:00 - 16:30 | Fitnessgymnastik für Frauen Übungsleiter/in: Wibke | |
| 16:30 - 17:00 | | | | | | | | | |
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| 21:00 - 21:30 | | | | | | | | | |
| 21:30 - 22:00 | | | | | | | | | |

| Donnerstag | Zeit | Alsdorf | | Zeit | Sporthalle - Grundschule Kinzweiler | | Zeit | Sporthalle - Städtisches Gymnasium | |
|---------------|---------------|---------|--|---------------|--|---------------|------|------------------------------------|--|
| | 16:00 - 16:30 | | | 16:00 - 16:30 | Showtanzgruppe Mystic Übungsleiter/in: Stefanie | 16:00 - 16:30 | | | |
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| 21:00 - 21:30 | | | | | | | | | |
| 21:30 - 22:00 | | | | | | | | | |

| Freitag | Zeit | Alsdorf | | Zeit | Sporthalle - KGS Röhe | | Zeit | Sporthalle - Städtisches Gymnasium | |
|---------------|---------------|---------|--|---------------|--------------------------------------|---------------|------|------------------------------------|--|
| | 16:00 - 16:30 | | | 16:00 - 16:30 | Hula-Hoop Übungsleiter/in: Katrin | 16:00 - 16:30 | | | |
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| 21:00 - 21:30 | | | | | | | | | |
| 21:30 - 22:00 | | | | | | | | | |

| Samstag | Zeit | Alsdorf | | Zeit | KGS Bergrath - Hallenteil I (kein) | | Zeit | Sporthalle - Städtisches Gymnasium | |
|---------------|---------------|---------|--|---------------|--|--|---------------|------------------------------------|--|
| | 09:00 - 09:30 | | | 13:00 - 13:30 | Showtanzgruppe Mystic Minis Übungsleiter/in: Stefanie | | 09:00 - 09:30 | | |
| 09:30 - 10:00 | | | | | | | | | |
| 10:00 - 10:30 | | | | | | | | | |
| 10:30 - 11:00 | | | | | | | | | |
| 11:00 - 11:30 | | | | | | | | | |
| 11:30 - 12:00 | | | | | | | | | |
| 12:00 - 12:30 | | | | | | | | | |
| 12:30 - 13:00 | | | | | | | | | |

Legende: Kinder und Jugendliche Erwachsene