

Belegung Dreifachturnhalle

| Tag               | blau                                     | rot                               | gelb                              | Gymnastikraum                    |
|-------------------|------------------------------------------|-----------------------------------|-----------------------------------|----------------------------------|
| <b>Montag</b>     | 15:30-17<br>Kinderturnen                 | 15:30-17<br>Judo                  | 16-17<br>Turnkids I               | 17:30-18:30<br>Funktionstraining |
|                   | 17-18:30<br>Bewegungssport               |                                   | 17-18<br>Turnkids II              | 18:30-19:30<br>Rückenschule      |
|                   | 18:30-20<br>Bewegungssport               |                                   | 18-20<br>Montagsturner            |                                  |
|                   | 20-22 Herren (Spitzbauchriege)           |                                   |                                   |                                  |
| <b>Dienstag</b>   | 15:30-17:30<br>Judo                      | 15:30-17:30<br>Eltern-Kind-Turnen | 15:30-17:30<br>Eltern-Kind-Turnen | 17-18<br>Gymnastik               |
|                   | 17:30-19 Handball A-Jugend               |                                   |                                   | 18-19:30<br>Yoga                 |
|                   | 19-20:30 Handball Damen                  |                                   |                                   |                                  |
|                   | 20:30-22 Handball Herren                 |                                   |                                   |                                  |
| <b>Mittwoch</b>   | 15:30-17 Jugendfußball                   |                                   |                                   | 15-16<br>Kindertanzen            |
|                   | 17-18:30 SG Esens Mädchensport/ Handball |                                   |                                   | 16-17<br>Kindertanzen            |
|                   | 18:30-19:30<br>Gymnastik                 | 18:30-20<br>Badminton             | 19-20<br>Gymnastik                | 18-19<br>Yoga                    |
|                   | 20-22 Basketball                         |                                   |                                   | 18-19<br>Yoga                    |
| <b>Donnerstag</b> | 16-17:30 Handball C-Jugend               |                                   |                                   | 15:30-17<br>Yoga                 |
|                   | 17:30-19 Handball A-Jugend               |                                   |                                   | 17-18<br>Gesundheitssport        |
|                   | 19-20:30 Handball Damen                  |                                   |                                   | 18-19:30<br>Tanzen (SG Esens)    |
|                   | 20:30-22 Handball Herren                 |                                   |                                   | 19:30-20:30<br>Tanzen            |
| <b>Freitag</b>    | 14:30-15:30 Handball E-Jugend            |                                   |                                   | 15:30-17<br>Tanzen               |
|                   | 15:30-16:30 Handball D-Jugend            |                                   |                                   | 17-22<br>Judo                    |
|                   | 17-18:30 Jugendfußball SV Werdum         |                                   |                                   |                                  |
|                   | 18-19:30 SG Esens Ballsport/ Fußball     |                                   |                                   |                                  |
|                   | 19:30-21 Handball 2. Damen               |                                   |                                   |                                  |