

Hallenbelegungsplan TVB (Stand:05.07.2020)

| Uhrzeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------|--------|-----------|-----------------|------------|-----------|---------|-----------|
| 9.00 - 09.30 | | | Rückengymnastik | | | | |
| 9.30 - 10.00 | | | Rückengymnastik | | | | Taekwondo |
| 10.00 - 10.30 | | | | | | | Taekwondo |
| 10.30 - 11.00 | | | | | | | Taekwondo |
| 11.00 - 11.30 | | | | | | | Taekwondo |
| 11.30 - 12.00 | | | | | | | Taekwondo |
| 15.00 - 16.00 | | | | | | | |
| 16.00 - 16.30 | | | | | | | |
| 16.30 - 17.00 | | | | | | | |
| 17.00 - 17.15 | | | | | | | |
| 17.15 - 17.30 | | | | | | | |
| 17.30 - 17.45 | | | | | | | |
| 17.45 - 18.00 | | | | | | | |
| 18.00 - 18.15 | | | | | | | |
| 18.15 - 18.30 | | | | | | | |
| 18.30 - 19.00 | | | Tischtennis | | Badminton | | |
| 19.00 - 19.15 | | | Tischtennis | | Badminton | | |
| 19.15 - 19.30 | | | Tischtennis | | Badminton | | |
| 19.30 - 20.00 | | Taekwondo | Tischtennis | Taekwondo | Badminton | | |
| 20.00 - 20.30 | | Taekwondo | | Taekwondo | Badminton | | |
| 20.30 - 21.00 | | Taekwondo | | Taekwondo | | | |
| 21.00 - 21.30 | | | | | | | |
| 21.30 - 22.00 | | | | | | | |

■ = Übungsstunden Fastnacht ■ = Kurse