

## Saalbelegung TSZ Delmenhorst

**Achtung!!!!**  
Sonderbelegung hat Vorrang

| Zeit  | Mo              |                                   |                                   |                                    | Zeit  | Di              |                                      |   | Zeit                                    | Mi  |        |        |  |
|-------|-----------------|-----------------------------------|-----------------------------------|------------------------------------|-------|-----------------|--------------------------------------|---|---|---|--------|--------|--|
|       | Saal 1          | Saal 2                            | Saal 3                            | Saal 4                             |       | Saal 1          | Saal 2                               | Saal 3                                      |   | Saal 1                                      | Saal 2 | Saal 3 |  |
| 09:00 |                 |                                   |                                   |                                    | 09:00 |                 |                                      |   | 09:00                                   |   |        |        |  |
| 09:30 |                 |                                   |                                   |                                    | 09:30 |                 |                                      |   | 09:30                                   |   |        |        |  |
| 10:00 |                 |                                   | Yoga                              |                                    | 10:00 |                 |                                      |   | 10:00                                   |   |        |        |  |
| 10:30 |                 |                                   | VHS                               |                                    | 10:30 |                 |                                      |   | 10:30                                   |   |        |        |  |
| 11:00 | Freies Training |                                   | 10:00-11:30                       |                                    | 11:00 | Freies Training |                                      |   | 11:00                                   | Freies Training                             |        |        |  |
| 11:30 |                 |                                   |                                   |                                    | 11:30 |                 |                                      |   |   |   | 11:30  |        |  |
| 12:00 |                 |                                   |                                   |                                    | 12:00 |                 |                                      |   |   |   | 12:00  |        |  |
| 12:30 |                 |                                   |                                   |                                    | 12:30 |                 |                                      |   |   |   | 12:30  |        |  |
| 13:00 |                 |                                   |                                   |                                    | 13:00 |                 |                                      |   |   |   | 13:00  |        |  |
| 13:30 |                 |                                   |                                   |                                    | 13:30 |                 |                                      |   |   |   | 13:30  |        |  |
| 14:00 |                 |                                   |                                   |                                    | 14:00 |                 |                                      |   |   |   | 14:00  |        |  |
| 14:30 |                 |                                   |                                   |                                    | 14:30 |                 |                                      |   |   |   | 14:30  |        |  |
| 15:00 |                 |                                   |                                   |                                    | 15:00 |                 |                                      |   |   |   | 15:00  |        |  |
| 15:30 |                 |                                   |                                   |                                    | 15:30 |                 |                                      |   |   |   | 15:30  |        |  |
| 16:00 |                 |                                   |                                   |                                    | 16:00 |                 |                                      |   |   |   | 16:00  |        |  |
| 16:30 |                 |                                   |                                   |                                    | 16:30 |                 |                                      | Hip-Hop (LS)<br>8 - 11 Jahre<br>16:00-17:30 |   |   | 16:30  |        |  |
| 17:00 |                 |                                   |                                   | 17:00                              |       |                 | Zumba Kids<br>Daniela<br>16:30-17:30 | 17:00                                       |   | Hip-Hop (BS)<br>6 - 11 Jahre<br>16:30-17:30 |        |        |  |
| 17:30 |                 |                                   | Ballett<br>Böttger<br>17:45-18:45 | Breakdance<br>Ramon<br>17:30-19:00 | 17:30 |                 |                                      | 17:30                                       |   | 12 - ? Jahre<br>17:30-18:30                 |        |        |  |
| 18:00 |                 | Latein solo<br>Emi<br>18:00-19:00 |                                   |                                    | 18:00 |                 |                                      | 18:00                                       |   | Ballett<br>Böttger<br>17:45-18:45           |        |        |  |
| 18:30 |                 |                                   | Zumba<br>Daniela<br>19:00-20:00   |                                    | 18:30 |                 |                                      | 18:30                                       |   |   |        |        |  |
| 19:00 |                 |                                   |                                   |                                    | 19:00 |                 | Ballett<br>Böttger<br>19:00-20:30    | 19:00                                       | Breitensport<br>leenyung<br>19:00-20:00 |   |        |        |  |
| 19:30 |                 |                                   |                                   |                                    | 19:30 |                 |                                      | 19:30                                       |   |   |        |        |  |
| 20:00 |                 |                                   |                                   |                                    | 20:00 |                 |                                      | 20:00                                       |   |   |        |        |  |
| 20:30 |                 |                                   |                                   |                                    | 20:30 |                 |                                      | 20:30                                       |   |   |        |        |  |
| 21:00 |                 |                                   |                                   |                                    | 21:00 |                 |                                      | 21:00                                       |   |   |        |        |  |
| 21:30 |                 |                                   |                                   |                                    | 21:30 |                 |                                      | 21:30                                       |   |   |        |        |  |
| 22:00 |                 |                                   |                                   |                                    | 22:00 |                 |                                      | 22:00                                       |   |   |        |        |  |

LS = Leistungssport

BS = Breitensport

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Sonderbelegung hat Vorrang

| Zeit  | Do                |        |             |             | Zeit  | Fr              |        |        | Zeit  | Sa   |        |        | Zeit  | So   |        |        |  |  |  |
|-------|-------------------|--------|-------------|-------------|-------|-----------------|--------|--------|-------|--|--------|--------|-------|--|--------|--------|--|--|--|
|       | Saal 1            | Saal 2 | Saal 3      | Saal 4      |       | Saal 1          | Saal 2 | Saal 3 |       | Saal 1                                       | Saal 2 | Saal 3 |       | Saal 1                                     | Saal 2 | Saal 3 |  |  |  |
| 09:00 |                   |        |             |             | 09:00 |                 |        |        | 09:00 |  |        |        | 09:00 |  |        |        |  |  |  |
| 09:30 |                   |        | Yoga        |             | 09:30 |                 |        |        | 09:30 |  |        |        | 09:30 |  |        |        |  |  |  |
| 10:00 |                   |        | VHS         |             | 10:00 |                 |        |        | 10:00 |  |        |        | 10:00 |  |        |        |  |  |  |
| 10:30 |                   |        | 09:30-11:00 |             | 10:30 |                 |        |        | 10:30 |  |        |        | 10:30 |  |        |        |  |  |  |
| 11:00 | Freies Training   |        |             |             | 11:00 | Freies Training |        |        | 11:00 | Freies Training                              |        |        | 11:00 | Freies Training                            |        |        |  |  |  |
| 11:30 |                   |        |             |             | 11:30 |                 |        |        | 11:30 |  |        |        |       |  | 11:30  |        |  |  |  |
| 12:00 |                   |        |             |             | 12:00 |                 |        |        | 12:00 |  |        |        |       |  | 12:00  |        |  |  |  |
| 12:30 |                   |        |             |             | 12:30 |                 |        |        | 12:30 |  |        |        |       |  | 12:30  |        |  |  |  |
| 13:00 |                   |        |             |             | 13:00 |                 |        |        | 13:00 |  |        |        |       |  | 13:00  |        |  |  |  |
| 13:30 |                   |        |             |             | 13:30 |                 |        |        | 13:30 |  |        |        |       |  | 13:30  |        |  |  |  |
| 14:00 |                   |        |             |             | 14:00 |                 |        |        | 14:00 |  |        |        |       |  | 14:00  |        |  |  |  |
| 14:30 |                   |        |             |             | 14:30 |                 |        |        | 14:30 |  |        |        |       |  | 14:30  |        |  |  |  |
| 15:00 |                   |        |             |             | 15:00 |                 |        |        | 15:00 |  |        |        |       |  | 15:00  |        |  |  |  |
| 15:30 |                   |        |             |             | 15:30 |                 |        |        | 15:30 |  |        |        |       |  | 15:30  |        |  |  |  |
| 16:00 |                   |        | RSG DEL     |             | 16:00 | Freies Training |        |        | 16:00 | Grp.training.<br>n. Absprache<br>A. Stölting |        |        | 16:00 | Freies Training                            |        |        |  |  |  |
| 16:30 |                   |        | RehaSport   |             | 16:30 |                 |        |        | 16:30 |  |        |        | 16:30 |  |        |        |  |  |  |
| 17:00 |                   |        | 16:00-19:00 |             | 17:00 |                 |        |        | 17:00 |  |        |        | 17:00 |  |        |        |  |  |  |
| 17:30 |                   |        |             |             | 17:30 |                 |        |        | 17:30 |  |        |        | 17:30 |  |        |        |  |  |  |
| 18:00 | Std Training      |        |             |             | 18:00 |                 |        |        | 18:00 |  |        |        | 18:00 |  |        |        |  |  |  |
| 18:30 | 18:00-19:00       |        |             |             | 18:30 |                 |        | 18:30  |       |  | 18:30  |        |       |  |        |        |  |  |  |
| 19:00 | Endrundentraining |        | Latein      | Zumba/Gitta | 19:00 | Freies Training |        |        | 19:00 | Freies Training                              |        |        | 19:00 | Breitensport<br>Kevin&Tanja<br>18:00-19:00 |        |        |  |  |  |
| 19:30 | Standard & Latein |        | Emi         | 19:15-20:15 | 19:30 |                 |        |        | 19:30 |  |        |        | 19:30 |  |        |        |  |  |  |
| 20:00 | Kevin & Tanja     |        | 19:00-20:00 |             | 20:00 |                 |        |        | 20:00 |  |        |        | 20:00 |  |        |        |  |  |  |
| 20:30 | 19:00-21:00       |        |             |             | 20:30 |                 |        |        | 20:30 |  |        |        | 20:30 |  |        |        |  |  |  |
| 21:00 |                   |        |             |             | 21:00 |                 |        |        | 21:00 |  |        |        | 21:00 |  |        |        |  |  |  |
| 21:30 |                   |        |             |             | 21:30 |                 |        | 21:30  |       |  | 21:30  |        |       |  |        |        |  |  |  |
| 22:00 |                   |        |             |             | 22:00 |                 |        | 22:00  |       |  | 22:00  |        |       |  |        |        |  |  |  |