Trainingsplan, gültig ab 20. Januar 2022, entsprechend aktuellem Hygienekonzept

Abkürzung Räume: GS Großer Saal; KS Kleiner Saal; BR Ballettraum; KR Kommunikationsraum

MO	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS							Libella					Lüften					TP Latein				Lüften								
KS													DanceArt					Lüften			TP Sen Latein					Lüften			
BR											KT Latein					Lüften													
KR																													
DI	10:00	.....	11:30		16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS										Tarantella								Lüften											
KS		Solo D.	Lüften			Tanzmäuse klein		Lüften		Dancing Kids			Lüften		Tanztreff			Lüften		Dancing Diamonds					Lüften				
BR																Fitness				Lüften									
KR																													
MI	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS						KT midi		Lüften	Libella						Lüften	Freies Training			Lüften	Breitensport						Lüften			
KS					Footprints				Lüften						Solo Dancing				Lüften	Freies Training								Lüften	
BR																													
KR																													
DO	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS									Tarantella					Lüften		TP Standard					Lüften		Breitensport						Lüften
KS									KT Standard					Lüften	Solo Dancing						Lüften								
BR												Vermietung		Lüften															
KR																													
FR	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS														TP Sen bis C Standard				Lüften		Breitensport Formation					Lüften				
KS				Oceans				Lüften		DanceArt				Lüften			TP Discofox			Lüften				Lüften					
BR																													
KR																													
SA	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15				18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS																													
KS		Fitkids		Lüften	Tanzmäuse			Lüften																					
BR																													
KR																													
SO	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS										Breitensport				Lüften	Breitensport Discofox			Lüften											
KS															Projekt						Lüften								
BR																													
KR																													