

TC Blau Gold Solingen e.V. - Trainingsplan gültig ab: 08.01.2024

Zeit	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
	Saal 1 (verme)	Saal 2 (Hinter)	Saal 3 (Kleiner Saal)	Saal 1 (verme)	Saal 2 (Hinter)	Saal 3 (Kleiner Saal)	Saal 1 (verme)	Saal 2 (Hinter)	Saal 3 (Kleiner Saal)	Saal 1 (verme)	Saal 2 (Hinter)	Saal 3 (Kleiner Saal)	Saal 1 (verme)	Saal 2 (Hinter)	Saal 3 (Kleiner Saal)	Saal 1 (verme)	Saal 2 (Hinter)	Saal 3 (Kleiner Saal)	Saal 1 (verme)	Saal 2 (Hinter)	Saal 3 (Kleiner Saal)
08.00-09.00	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
09.00-10.00	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
10.00-11.00	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
11.00-12.00	FT	FT	FT	FT	FT	FT	11.00-12.30 Vorbereitung Gm-Bud	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
12.00-13.00	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
13.00-14.00	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
14.00-15.00	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
15.00-16.00	14.30-16.00 Seniorenkreis (Heike Henkels)	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
16.00-17.00	16.00-16.45 12/Std. Kinder Aufhänger (Heike Henkels)	FT	FT	FT	FT	FT	15.15-16.30 Vorbereitung Takt	FT	FT	15.00-16.30 Seniorenkreis (Heike Henkels)	FT	FT	15.00-16.30 Seniorenkreis (Heike Henkels)	FT	FT	FT	FT	FT	FT	FT	FT
17.00-18.00	16.45-17.45 12/Std. Minis/Breitensport (Heike Henkels)	FT	FT	FT	FT	FT	16.45-17.30 Jazz Dance ab 6 Jahren (Anna S.)	FT	FT	16.45-17.30 Jazz Dance ab 6 Jahren (Anna S.)	FT	FT	16.00-17.00 Kindertanz (Heike & Silke)	FT	FT	15.00-16.30 Seniorenkreis (Heike Henkels)	FT	FT	FT	FT	FT
18.00-19.00	17.45-18.45 Solo Fingerringen/Breitensport (Marc Henkels)	FT	FT	FT	FT	FT	18.00-19.00 Hip-Hop (Amalia)	FT	FT	17.45-19.15 Tankreis Std/14 (Heike Henkels)	FT	FT	17.00-18.00 12/Std. Jugend/Breitensport (Marc Henkels)	FT	FT	17.00-18.00 Hip-Hop Zusatz (Marc Henkels)	FT	FT	FT	FT	FT
19.00-20.00	18.45-19.45 Discofox Club (Lucy)	19.00-20.00 Discofox Technik (Larissa) erster Montag im Monat	FT	19.00-20.00 Turniertraining Latein (Viviana Dörfler)	FT	FT	19.30 Latin (Amelie Simon)	FT	FT	19.15-20.15 Tankreis Einstieger Std/11 (Heike Henkels)	FT	FT	18.00-19.30 Tankreis Std/11 (Heike Henkels)	FT	FT	18.00-19.15 Salsa (Marc Henkels)	FT	FT	FT	FT	FT
20.00-21.00	19.45-20.45 Uhr Discofox Breitensport (Lucy)	FT	FT	20.00-20.40 Turniertraining Latein (Viviana Dörfler)	FT	FT	20.00-20.40 Turniertraining Latein (Viviana Dörfler)	FT	FT	19.20-20.20 Jazz Step Aerobic (Anna Simon)	FT	FT	19.00-20.30 Turniertraining Standard (Andreas Lipold)	FT	FT	19.30-20.45 Discofox (Stamm)	FT	FT	FT	FT	FT
21.00-22.00	20.45-21.15 Discofox Tuff (Marc Henkels & Sarah Latton)	FT	FT	20.30-22.00 Tankreis Std/11 (Marc Henkels & Sarah Latton)	FT	FT	FT	FT	FT	FT	FT	FT	19.45-22.00 Disco-Chart 3. Freitag im Monat (Jörg & Antje)	FT	FT	FT	FT	FT	FT	FT	FT
22.00-23.00	FT	FT	FT	21.00-22.00 Discofox Club (Lucy)	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT

Bezügliche Discofox Nacht (leden 1. Freitag im Monat) Übungstraining 1x im Monat ab 19:45 bis 22:30 siehe Buchhize