TC Blau Gold Solingen e.V. - Trainingsplan

gültig ab: 26.08.2022

Zeit	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag			Zeit
	Saal 1 (vorne)	Saal 2 (Hinten)	Saal 3 (kleiner Saal)	Saal 1 (vorne)	Saal 2 (Hinten)	Saal 3 (kleiner Saal)	Saal 1 (vorne)	Saal 2 (Hinten)	Saal 3 (kleiner Saal)	Saal 1 (vorne)	Saal 2 (Hinten)	Saal 3 (kleiner Saal)	Saal 1 (vorne)	Saal 2 (Hinten)	Saal 3 (kleiner Saal)	Saal 1 (vorne)	Saal 2 (Hinten)	Saal 3 (kleiner Saal)	Saal 1 (vorne)	Saal 2 (Hinten)	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	08:00-09:00
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	09:00-10:00
10:00-11:00	FT	FT	FT	FT	FT	FT		FT	FT	10:00-11:00Vermietung RBS	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	10:00-11:00
11:00-12:00	FT	FT	FT	FT	FT	FT	11:00-12:30 Vermietung Sm-Bud	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	11:00-12:00
12:00-13:00	FT	FT	FT	FT	FT	FT	FT	FT	FT	11:00-13:00 Vermietung VSM	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	12:00-13:00
13:00-14:00		FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT		13:00-15:00 Breitensporttraining (Christian Wenzel)	FT	FT	FT	FT	13:00-14:00
14:00-15:00		FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	14:00-15:00
15:00-16:00	14:30-16:00 Seniorenkreis (Heike Henkels)	FT	FT	FT	FT	FT		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	15:00-16:00
16:00-17:00	16:00-16:45 Lt/Std. Kinder Auffänger (Heike Henkels)	FT	FT	FT	FT	FT	15:00-16:30 Flomix (Elena Senger)	FT	FT		FT	FT		FT	FT	FT	FT	FT	FT	FT	FT	16:00-17:00
17:00-18:00	16:45-17:45 Lt/Std. Mittel/Breitensport (Henkels)	FT	FT	FT	16:45-17:30 Jazz Dance ab 6 Jahren (Anne S.)	FT	FT	FT	FT	16:45-17:45 Lt/Std. Mittel/Breitensport Kids (Heike Henkels)	FT	FT	17:00-18:00 Lt/Std. Jugend/Breitensport (Marc Henkels)	17:00-18:00 Hip Hop Zusatz (Enya & Melanie)	FT	FT	FT	FT	FT		FT	FT	17:00-18:00
18:00-19:00	FT	17:45-19:15Lt/Std. Fortgeschritten/Breitensport (Marc Henkels)	FT	FT	17:30-18:30 Jazz Dance ab 9 Jahren (Anne Simon)	18:00-19:00 Hip Hop (Hajar)	17:45-19:15 Tanzkreis Std/Lt (Heike Henkels)	17:45-19:15 Jazz Musical Dance (Anne Simon)	FT	FT		FT			FT	FT	FT	FT	18:00-19:00 Discofox (Stamm)	17:45-19:15 Tanzkreis (Heike Henkels)	FT	18:00-19:00
19:00-20:00	18:45-19:45 Discofox Club (Lustig)	19:00-20:00 Discofox Technik (Latton) erster Montag im Monat	FT	19:00-19:53 Turniertraining Latein (Vinzenz Dörlitz)	18:45-19:45 Latin Aerobic (Anne Simon)	FT	19:15-20:15 Tanzkreis Einsteiger Std/Lt (Heike Henkels)		FT		18:00-19:30 Techniktraining (Heike Henkels)	FT	18:00-19:30 Tanzkreis Std/Lt (Heike Henkels)		FT	FT	FT	FT	19:00-20:00 Discofox (Stamm)		FT	19:00-20:00
20:00-21:00	19:45-20:45 Uhr Discofox Breitensport (Lustig)		FT	20:00-21:00 Discofox Club (Lustig)	19:54-20:45 Turniertraining Latein (Vinzenz Dörlitz)	FT	FT	19:20-20:20 Jazz Step Aerobic (Anne Simon)	FT	19:00-20:30 Turniertraining Standard (Andreas Lippok)	19:30-20:45 Discofox (Stamm)	FT		19:45-21:00 Salsa (Marc Henkels)	FT			FT	20:00 - 21:00 Discofox Anfänger (Stamm)	FT	FT	20:00-21:00
21:00-22:00	20:45-22:15 Discofox Taff (Klaus Lustig& Sarah Latton)	20:30-22:00 Tanzkreis Std/Lt (Martin Beumer)	FT	21:00-22:00 Discofox Club (Lustig)	FT	FT	FT	20:30-21:30 Salsa (Henkels), nur am 1. Mittwoch im Monat	FT	FT	FT	FT	19:45-22:00 Disco-Chart 4. Freitag im Monat (Jörg & Anita)	FT	FT	Übungstraining 1x im Monat ab19:45 bis 22:30 siehe Aushang		FT	FT	FT	FT	21:00-22:00
22:00-23:00	FT	FT	FT		FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT				FT	FT	FT	22:00-23:00