

TC Blau Gold Solingen e.V. - Trainingsplan gültig ab: 12.10.2023

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 Aufführer (Heike Henkels)	FT	FT	FT	FT	FT	15.15-16.30 Vorbereitung Togo	FT	FT	15.00-16.30 Seniorenkreis (Heike Henkels)	FT	FT	FT	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	16.00-17.00 Kinderturnen (Heike & Silke)	FT	FT	15.00-16.30 Seniorenkreis (Heike Henkels)	FT	FT	17.00-18.00 Hip Hop Zusatz (Heike Henkels)	FT	FT	FT	FT	FT
18.00-19.00	FT	FT	FT	FT	FT	FT	17.45-19.15 Jazz Dance ab 6 Jahren (Anna S.)	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT	FT
19.00-20.00	18.45-19.45 Discofox Club (Lucy)	FT	FT	19.00-20.00 Turniertaining Latein (Viviane Dörfler)	FT	FT	17.30-18.30 Jazz-Dance (Anna)	FT	FT	FT	FT	FT	18.00-19.30 Techno-Training (Heike Henkels)	FT	FT	FT	FT	FT	FT	FT	FT
20.00-21.00	19.45-20.45 Uhr Discofox Breitensport (Lucy)	FT	FT	20.00-20.40 Turniertaining Latein (Viviane Dörfler)	FT	FT	18.30-19.30 Latin (Anna Simon)	FT	FT	FT	FT	FT	19.00-20.30 Turniertaining Standard (Andreas Lipoch)	FT	FT	FT	FT	FT	FT	FT	FT
21.00-22.00	20.45-21.15 Discofox Tuff (Hilke Lucif & Sarah Latton)	FT	FT	20.30-22.00 Tankekreis Stadt (Hilke Beumay)	FT	FT	19.15-20.15 Tankekreis Einsteiger (Heike Henkels)	FT	FT	FT	FT	FT	19.30-20.45 Discofox (Stamm)	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	19.45-22.00 Disco-Chart 4. Freitag im Monat (Jörg & Antje)	FT	FT	FT	FT	FT	FT	FT	FT

11.00-15.00 Breitenkörpertaining (Christine Wenzig)

Nachmittagskürchen jeden 2. Sonntag im Monat von 14.00 Uhr bis 17.15 Uhr

Bayerische Discofox Nacht (Jeden 1. Freitag im Monat)

Übungstraining 1x im Monat ab 19.45 bis 22.30 siehe Buchreihe