

Gültig ab dem 26.10.2020	Sporthalle Max. 20 Pers. Max. 3 Trainer	10 Ergometer Bootshalle Max. 10 Pers. Max. 2 Trainer	10 Ergometer Ergo Raum 6 Erg. Bike Max. 16 Personen Max. 3 Trainer	Kraftraum + Ruderkasten Max. 14 Pers. Max. 3 Trainer
Montag	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.00: Jugend 19.00-19.15: Wechselzeit 19.15-20.30: Funk. Training 20.30-20.45: Wechselzeit 20.45-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: U15 Gruppe 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training	08.00-16.00: Freies Training 16.00-16.15: Wechselzeit 16.15-19.30: Training 19.30-19.45: Wechselzeit 19.45-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.00: Jugend 19.00-19.15: Wechselzeit 19.15-21.30: Freies Training
Dienstag	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-18.45: Jugend 18.45-19.00: Wechselzeit 19.00-20.15: Fit Mix Ulla 20.15-20.30: Wechselzeit 20.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: Training 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: U15 Gruppe 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: Training 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training
Mittwoch	08.00-15.45: Freies Training 15.45-16.00: Wechselzeit 16.00-18.15: Jugend 18.15-19.00: Wechselzeit 19.00-20.15: Funk. Training 20.15-20.30: Wechselzeit 20.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-17.30: U15 Gruppe 17.30-17.45: Wechselzeit 17.45-21.30: Freies Training	08.00-15.45: Freies Training 15.45-16.00: Wechselzeit 16.00-18.15: Jugend 18.15-18.30: Wechselzeit 18.30-19.15: U15 Gruppe 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: U15 Gruppe 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training
Donnerstag	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.00: Jugend 19.00-19.15: Wechselzeit 19.15-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: Training 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: U15 Gruppe 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: Training 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training
Freitag	08.00-15.45: Freies Training 15.45-16.00: Wechselzeit 16.00-19.00: Training 19.00-19.15: Wechselzeit 19.15-21.30: Freies Training	08.00-15.45: Freies Training 15.45-16.00: Wechselzeit 16.00-19.00: Training 19.00-19.15: Wechselzeit 19.15-21.30: Freies Training	08.00-16.00: Freies Training 16.30-16.45: Wechselzeit 16.00-19.00: Training 19.00-19.15: Wechselzeit 19.15-21.30: Freies Training	08.00-16.30: Freies Training 16.30-16.45: Wechselzeit 16.45-19.15: U15 Gruppe 19.15-19.30: Wechselzeit 19.30-21.30: Freies Training
Samstag	09.30-12.00: U15 Gruppe 12.00-12.15: Wechselzeit 12.15-21.30: Freies Training	09.30-21.30: Freies Training	09.30-12.00: U15 Gruppe 12.00-12.15: Wechselzeit 12.00-21.30: Freies Training	09.30-21.30: Freies Training
Sonntag	09.30-21.30: Freies Training	09.30-14.00: Training 14.00-14.15: Wechselzeit 14.15-21.30: Freies Training	09.30-14.00: Training 14.00-14.15: Wechselzeit 14.15-21.30: Freies Training	09.30-21.30: Freies Training

