# Belegung Sporthalle Steinerkopf
Stand: **Oktober 2024**

| Uhrzeit | | Montag 1/3 | Montag 2/3 | Dienstag 1/3 | Dienstag 2/3 | Mittwoch 1/3 | Mittwoch 2/3 | Donnerstag 1/3 | Donnerstag 2/3 | Freitag 1/3 | Freitag 2/3 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 08:00 | 08:30 | | | Grundschule Arzheim (3.-4. Klasse) 8.00 - 9.30 h | | | | Grundschule Arzheim (3.-4. Klasse) 8.00 - 9.30 h | | | |
| 08:30 | 09:00 | | | | | | | | | | |
| 09:00 | 09:30 | | | | | | | | | | |
| 09:30 | 10:00 | | | | | | | | | | |
| 10:00 | 10:30 | | | **Qigong** 10.00-11.00 h ***Fr. Steinberg*** | **Eltern-Kind-Turnen** 10.00 - 11.00 h | Kindergarten Arzheim 1. Mittwoch im Monat 10.00 - 11.00 h | | | | | |
| 10:30 | 11:00 | | | | | | | | | | |
| 15:00 | 15:30 | | | | | | | **Eltern-Kind-Turnen** (ab 2 J.) 15.00 - 16.00 h ***Daniela Zavelberg*** | | **Handball D-Jgd weibl.** 15.00 - 17.00 h **Jörg *Bastkowski*** ***Verena Wilde*** | |
| 15:30 | 15:45 | **Kinderturnen** (3 - 4 Jahre) 15.30 - 16.15 h ***Katrin Weferinghaus*** ***Sylvia Berka*** | | | | | | | | | |
| 15:45 | 16:00 | | | | | | | | | | |
| 16:00 | 16:15 | | | **Tischtennis Jugend** 16.00 - 18.00 h **Gerwin Steinberg** **Roland Wilde** **Martina Weber** | | **Ballsportgruppe** (ab 4 Jahren) 16.00 - 17.00 h **Laura Bormann** | **Handball Minis gemischt** 16.30 - 18.00 h **Katharina Rischar** **Astrid Wahl** | **Kinderturnen** (5 - 6 Jahre + 1. Klasse) 16.00 - 17.00 h ***Nadine Schmitz*** | | | |
| 16:15 | 16:30 | | | | | | | | | | |
| 16:30 | 16:45 | **FitKids / Kinderturnen** (4. - 5. Klasse) 16.30 - 17.30 h ***Katrin Weferinghaus*** ***Sylvia Berka*** | | | | | | | | | |
| 16:45 | 17:00 | | | | | | | | | | |
| 17:00 | 17:15 | | | **Handball E-Jugend weibl.** 17.00 - 18.30 h **Ute *Bastkowski*** | | | | **Kinderturnen** (2. - 3. Klasse) 17.00 - 18.00 h ***Nadine Schmitz*** | | **Tischtennis** 17.00 - 19.00 h ***Gerwin Steinberg*** ***Roland Wilde*** ***Martina Weber*** | |
| 17:15 | 17:30 | | | | | | | | | | |
| 17:30 | 17:45 | **Handball Jugend** 17.30 - 19.00 h ***HC Koblenz*** | | | | **Handball D-Jgd weibl.** 17.30 - 19.15 h **Jörg Bastkowski** **Verena Wilde** | | **Zirkeltraining** 18.00 - 19.00 h ***Christian Sowieja*** | | | |
| 17:45 | 18:00 | | | | | | | | | | |
| 18:00 | 18:15 | | | | | | | | | | |
| 18:15 | 18:30 | | | | | | | | | | |
| 18:30 | 18:45 | | | | | | | | | | |
| 18:45 | 19:00 | | | | | | | | | | |
| 19:00 | 19:15 | **Aerobic Workout** 19.00 - 20.00 h ***Christine Brodmann*** | | **Kraft und Ausdauer** 19.00 - 20.00 h ***Nicole Arent*** | | **Kickboxen** 19.15 - 21.00 h ***Ralf Elsner*** | **Hobbykicker** 19.15 - 20.15 h ***David Baumann*** | **Kickboxen** 19.00 - 21.00 h ***Ralf Elsner*** | **Rückenfit** 19.00 - 20.00 h ***Christian Sowieja*** | | |
| 19:15 | 19:30 | | | | | | | | | | |
| 19:30 | 19:45 | | | | | | | | | | |
| 19:45 | 20:00 | | | | | | | | | | |
| 20:00 | 20:15 | **Badminton** 20.00 - 22.00 h ***Thomas Müller*** ***Bernd Wolf*** | | **Ballsport Herren** 20.00 - 22.00 h ***Michael Happel*** ***Winnie Weiler*** | | | | | **Tischtennis** 20.00 - 22.00 h ***Klaus Overbeck*** | **Jedermann-/Frau "Volleyball"** 20.00 - 22.00 h ***Sylvia Berka*** | |
| 20:15 | 20:30 | | | | | | | | | | |
| 20:30 | 20:45 | | | | | | | | | | |
| 20:45 | 21:00 | | | | | | | | | | |
| 21:00 | 21:15 | | | | | | | | | | |
| 21:15 | 21:30 | | | | | | | | | | |
| 21:30 | 21:45 | | | | | | | | | | |
| 21:45 | 22:00 | | | | | | | | | | |

| Uhrzeit | | Sonntag 1/3 | Sonntag 2/3 |
|---|---|---|---|
| 10:00 | 10:30 | Tischtennis Jugend 10.00 - 12.00 h *Gerwin Steinberg* | |
| 10:30 | 11:00 | | |
| 11:00 | 11:30 | | |
| 11:30 | 12:00 | | |

**Weitere Informationen und Ansprechpartner auch unter:**

**www.tv-arzheim.de**

| Freitag |
|---|
| **Sporthalle Asterstein** |
| **Handball E-Jugend weibl.** 16.30 - 18.00 h |