# Trainingsplan Tanzsportzentrum Saal 1

Stand: 06.12.2024

| Uhrzeit: | Mo | Di | Mi | Do | Fr | Sa | So | So |
|---|---|---|---|---|---|---|---|---|
| 08:00 | | | | | | | | **CHH I** |
| 08:30 | | | | | | | | (Sportamt) |
| 09:00 | | | | | | | | |
| 09:30 | | | | | | Freies | | |
| 10:00 | | | | | | | | |
| 10:30 | | | | | | Training | | |
| 11:00 | | 10:30–11:30 Uhr **TOP** | | | | | | |
| 11:30 | | | | | | SL | | |
| 12:00 | | | | | | | | |
| 12:30 | | | | | | | | |
| 13:00 | | | | | | | | |
| 13:30 | | | | | | | | |
| 14:00 | | | | | | | | |
| 14:30 | | | | | | | | |
| 15:00 | | | | | | Workshop Discofox | | |
| 15:30 | | | 15:30–16:30 Uhr **JMD** | | | ab 11. Januar | | |
| 16:00 | | | Jahrgang 2014/2015 | | | 4x 90 min | | |
| 16:30 | | | 16:30–17:30 Uhr **JMD** | | | | | |
| 17:00 | | 17:00–18:00 Uhr **JMD** | Jahrgang 2014/2015 | | | | | |
| 17:30 | | Jahrgang 2016/2017 | 17:30–18:30 Uhr **JMD** | | | | 17:30–18:30 Uhr | |
| 18:00 | | | Jahrgang 2012/2013 | 18:00–19:00 Uhr **OT** | | | **SL** | |
| 18:30 | | 18:30–19:30 Uhr | 18:30–19:30 Uhr **JMD** | orientalischer Tanz | | | | |
| 19:00 | | SL | Jahrgang 2009/2011 | | | | | |
| 19:30 | | 19:30–20:30 Uhr | | Zur Zeit kein | | | | |
| 20:00 | | **SL** | | Line-Dance | | | | |
| 20:30 | | 20:30–21:30 Uhr | | | | | 21:00–22:00 Uhr | Stommel |
| 21:00 | | **SL** | | | | | **SL** bei Bedarf | |
| 21:30 | | | | | | | | Stepp |
| 22:00 | | | | | | | | |
| 22:30 | | | | | | | | |

JMD = Jazz- und Modern Dance
Frau Schönwälder

SL = Standard- und Latein
Herr Steck

SL = Standard- und Latein
Frau Wilhelm

ST = Stepptanz
Herr Stommel

ToP = Tanz ohne Partner (Senioren)
Frau Herberg

OT = orientalischer Tanz
Frau Hollensteiner

Reserviert für freises Training SL

# Trainingsplan Tanzsportzentrum Saal 2

Stand.06.12.2024

| Uhrzeit: | Mo | Di | Mi | Do | Fr | Sa | So |
|---|---|---|---|---|---|---|---|
| 08:00 | | | | | | | |
| 08:30 | | | | | | | |
| 09:00 | | | | | | **evtl.** | |
| 09:30 | Freies | Freies | | Freies | | **Neuangebot** | |
| 10:00 | | | | | | | |
| 10:30 | Training | Training | | Training | | SL - Eltern | |
| 11:00 | | | | | | Kleinkind- | |
| 11:30 | SL | SL | | SL | | Betreuung | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | | | | | | |
| 15:00 | | | | | | Workshop Discofox | |
| 15:30 | | | | | | ab 11. Januar | |
| 16:00 | | | **JMD** | | | 4x 90 min | |
| 16:30 | | **Dance Mix Kids** | | 16:00–17:00 Uhr. **KT** | | | |
| 17:00 | | 16:45 ab 6 Jahre | | ab 4 Jahre | | | |
| 17:30 | | **Hip Hop Kids** | | 17:00–18:00 Uhr. **KT** | | | |
| 18:00 | | 17:45 ab 9 Jahre | | ab 5 Jahre | | | 17:30–18:30 Uhr |
| 18:30 | | | | | | | **SL** |
| 19:00 | | | | **evtl.** | | | |
| 19:30 | | | | **Neuangebot** | | | |
| 20:00 | | | | | | | |
| 20:30 | | | | | | | |
| 21:00 | | | | | | | 21:00–22:00 Uhr |
| 21:30 | | | | | | | **SL** bei Bedarf |
| 22:00 | | | | | | | |
| 22:30 | | | | | | | |
| | | | | | | | |

JMD = Jazz- und Modern Dance
Frau Schönwälder

KT = kreativer Kindertanz
Frau Westen

SL = Standard- und Latein
Frau Wilhelm

Hip Hop, Jazz, Funky
Frau Behnert

Reserviert für freises Training SL