

TRAININGSPLAN - REGULÄR

Bitte ggf. kurzfristige Änderungen auf www.tsg-leverkusen.de beachten

belegt mit Kurs/Training

Freies Training für alle

=> vorübergehend wegen Starkregen-Schäden

| Tag | Uhrzeit | ROB EG 30 Pers | ROB UG 30 Pers | Große Halle 30 Pers | Souterrain 25 Pers | Jägerraum 10 Pers |
|------------|------------|----------------------|--------------------|-------------------------|-----------------------|-----------------------|
| Montag | vormittags | | | | | |
| | 14 - 15 | | | | | |
| | 15 - 16 | | | | | |
| | 16 - 17 | | | Jug Tur | | Folklore |
| | 17 - 18 | U55 Solotanz | | Jugend Turnier | | Folklore |
| | 18 - 19 | | Breakdance | Jug Tur Tango | JMD Ki | Pilates |
| | 19 - 20 | | | Tango Argentino | JMD Erw. | Pilates Pilates |
| | 20 - 21 | | Standardformation | GK | JMD Erw. | Pilates |
| 21 - 22 | | Standardformation | Breitensport | | | |
| Dienstag | vormittags | | | | | |
| | 14 - 15 | | | | | |
| | 15 - 16 | | | | | |
| | 16 - 17 | | DM | Kindertanz | Oliver Privatstunden | HipHop Ki |
| | 17 - 18 | Dance Mix | DM | Kindertanz BSW Kinder | Oliver Privatstunden | HipHop Ki HipHop Ki |
| | 18 - 19 | Dance Mix | | BSW Kinder | Oliver Privatstunden | HipHop Kinder |
| | 19 - 20 | HipHop Erw. | | | Oliver Lat DC | Orient. Tanz |
| | 20 - 21 | Zumba | | | Oliver Lat Basic alle | Orient. Tanz |
| 21 - 22 | | | | Oliver Lat BAS | GK | |
| Mittwoch | vormittags | Vermietung | | | | |
| | 14 - 15 | | | | | |
| | 15 - 16 | | | | | |
| | 16 - 17 | | | | Oliver Privatstunden | Ballett Kinder |
| | 17 - 18 | | Zumba | XXL | Oliver Privatstunden | Ballett Kinder |
| | 18 - 19 | Zumba | Zum | XXL Dance | Oliver Privatstunden | Ballett Spitze |
| | 19 - 20 | Zumba | | Lindyhop | Oliver Std DC | Ballett Sp |
| | 20 - 21 | GK | | Latein-Formation B | Oliver Std Basic alle | |
| 21 - 22 | GK | | Latein-Formation B | Oliver Std BAS | | |
| Donnerstag | vormittags | | | | | |
| | 14 - 15 | | | | | |
| | 15 - 16 | | | | | |
| | 16 - 17 | | | | HipHop Ki | |
| | 17 - 18 | | | | HipHop Ki | |
| | 18 - 19 | Zumba | | | HipHop Ki | FT Breakdance Kader |
| | 19 - 20 | Zumba | | | HH Ki | Breakdance |
| | 20 - 21 | Zumba | | Latein-Formation A | GK | Breakd. |
| 21 - 22 | | | Latein-Formation A | GK | | |
| Freitag | vormittags | | | | | |
| | 14 - 15 | | | | | Ba Ki |
| | 15 - 16 | | | | Ballett Kinder | Ballett Kinder |
| | 16 - 17 | | | | Ba Ki | Ballett Kinder |
| | 17 - 18 | | | | Ba Ki | Ballett Kinder |
| | 18 - 19 | GK | | | Ba Ki | |
| | 19 - 20 | GK | | | Discofox | Ballett Erw. |
| | 20 - 21 | | | | Discofox Turnier | Ball Erw. |
| 21 - 22 | | | | | | |
| Samstag | 9 - 10 | | | | | |
| | 10 - 11 | | | | | Tanztrieb ensemble |
| | 11 - 12 | Frei + Rollitanz/Std | | | | Tanztrieb ensemble |
| | 12 - 13 | Frei + Rollitanz/Std | | | | Tanztrieb ensemble |
| | 13 - 14 | | | | | Tanztrieb |
| | 14 - 15 | | | | | |
| | 15 - 16 | | | | | |
| | 16 - 17 | | | | | |
| | 17 - 18 | | | | | |
| | 18 - 19 | | | | | |
| 19 - 20 | | | | | | |
| 20 - 21 | | | | | | |
| 21 - 22 | | | | | | |
| Sonntag | 9 - 10 | | | | | |
| | 10 - 11 | | | | | |
| | 11 - 12 | | | | | |
| | 12 - 13 | | | | | |
| | 13 - 14 | | | | | |
| | 14 - 15 | | | | | |
| | 15 - 16 | | | | | |
| | 16 - 17 | | | | Std-Forma | Stapp |
| | 17 - 18 | | | | Std-Formation | Stepptanz |
| | 18 - 19 | | | | Std-Formation | Stepptanz |
| 19 - 20 | | | | Lat-Formation A | GK | |
| 20 - 21 | Zumba | | | Lat-Formation A | GK | |
| 21 - 22 | | | | Lat-Forma | | |

Stand: 15.08.2022

kurzfristige Änderungen vorbehalten!