

SAALBELEGUNGSPLAN ab 14.04.2017

Änderungen vorbehalten



TRAININGSPLAN TC SEIDENSTADT IN DEN CLUBRÄUMEN BAHNHOF

| Zeit | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | | Sonntag | |
|-------|----------------------------------|-------------|----------|-----------------------|----------|--------------------------|----------------------------|--|---------|--------|----------------|--------------------------|---------|--------|
| | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 | Saal 1 | Saal 2 |
| 09:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | Hip Hop Fortgeschrittene | | |
| 11:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | Hip Hop Jungs | | |
| 16:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | Kinder Anfänger | | |
| 17:00 | | Solo Latino | | Handicap Dancers | | Showdance für Kinder | | | | | | Kinder Fortgeschrittene | | |
| :30 | | | | Handicap Dancers | | Kinder Health & Fitness | | | | | | Rollstuhl-Tanz | | |
| 18:00 | Aufbaugruppe D-C Standard Latein | | | Handicap Dancers | | Hip Hop Anfänger | | Gruppentraining B-A-S Latein (siehe Aushang) | | | | Rollstuhl-Tanz | | |
| :30 | | | | Rollstuhl-Tanz | | | Showdance for Girls Jugend | | | | Rollstuhl-Tanz | | | |
| 19:00 | Tanz-Kreis | | | Rollstuhl-Formation * | | Showdance for Erwachsene | | Gruppentraining B-A-S Standard (siehe Aushang) | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | |
| :30 | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | |

* Jeden 2. & 4. Dienstag im Monat

- freie Felder = freies Training

Termine Gastrainer u. Gruppentraining BAS siehe Trainingsplan