

Hallennutzungsplan TSV Adenstedt - 2022/23

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG | | |
|---------------|---------------------------|-----------------------------|-----------------|----------------------------|-------------|------------------------------|------------------------------|--|--|
| 9.00 - 9.30 | | | | | | | | | |
| 9.30 - 10.00 | | | | | | | | | |
| 10.00 - 10.30 | | | | | | | Tischtennis (Punktspiele) | | |
| 10.30 - 11.00 | | | | | | | | | |
| 11.00 - 11.30 | | | | | | | | | |
| 11.30 - 12.00 | | | | | | | | | |
| 12.00 - 12.30 | | | | | | | | | |
| 12.30 - 13.00 | | | | | | | | | |
| 13.00 - 13.30 | | | | | | | | | |
| 13.30 - 14.00 | | | | | | | | | |
| 14.00 - 14.30 | | | | | | | | | |
| 14.30 - 15.00 | | | | | | | | | |
| 15.00 - 15.30 | | | | | extern | | | | |
| 15.30 - 16.00 | | | | | | | | | |
| 16.00 - 16.30 | | Kinderturnen 1-3 Jahre | | | | Tischtennis (Punktspiele) | | | |
| 16.30 - 17.00 | | | | | | | | | |
| 17.00 - 17.30 | Kinderturnen 4-6 Jahre | Kinderturnen ab 6 Jahren | | | | | | | |
| 17.30 - 18.00 | | | | | | | | | |
| 18.00 - 18.30 | | | | | | | | | |
| 18.30 - 19.00 | | | | | | | | | |
| 19.00 - 19.30 | Tischtennis | Aerobic | | Fußball Herren (Winter) | Tischtennis | | | | |
| 19.30 - 20.00 | | | Badminton | | | | | | |
| 20.00 - 20.30 | | | Gymnastik Damen | | | | | | |
| 20.30 - 21.00 | | | | | | | Jedermannturnen | | |
| 21.00 - 21.30 | | | | | | | | | |
| 21.30 - 22.00 | | | | | | | | | |

Stand: 04/2023