

# TUS RONDORF INFORMIERT:



## Trainings Herbstferien 2018

SpH Anne Frank Schule gesperrt bis Freitag 16.00

| 12.10.2018  |                              | 13.10.2018                   |    | 15.-21.10.2018 |    |    |    |    |                  | 22.-27.10.2018 |           |    |    |                |    |                  |            |
|-------------|------------------------------|------------------------------|----|----------------|----|----|----|----|------------------|----------------|-----------|----|----|----------------|----|------------------|------------|
| 12.         |                              | 13.                          |    | 15             | 16 | 17 | 17 | 18 | 19               | 20             | 22        | 23 | 24 | 24             | 25 | 26               | 27.        |
| Fr          | Sa                           | Mo                           | Di | Mi             | Mi | Do | Fr | SA | Mo               | Di             | Mi        | Mi | Do | Fr             | SA |                  |            |
| 13.00-13.30 |                              |                              |    |                |    |    |    |    |                  | Volleyball     |           |    |    |                |    |                  | Volleyball |
| 13.30-14.00 | Volleyball<br>Kids und Teens |                              |    |                |    |    |    |    |                  | Kids           |           |    |    |                |    |                  | Kids       |
| 14.00-14.30 |                              |                              |    |                |    |    |    |    |                  |                |           |    |    |                |    |                  |            |
| 14.30-15.00 |                              |                              |    |                |    |    |    |    |                  | Volleyball     |           |    |    |                |    |                  | Volleyball |
| 15.00-15.30 |                              |                              |    |                |    |    |    |    |                  | Teens          |           |    |    |                |    |                  | Teens      |
| 15.30-16.00 |                              |                              |    |                |    |    |    |    |                  |                |           |    |    | Eltern Kind TU |    |                  |            |
| 16.00-16.30 | Breakdance                   | Basketball                   |    |                |    |    |    |    | Breakdance       | Basketball     |           |    |    |                |    | Breakdance       | Basketball |
| 16.30-17.00 | Kids                         | Kids                         |    |                |    |    |    |    | Kids             | Kids           |           |    |    |                |    | Kids             | Kids       |
| 17.00-17.30 |                              |                              |    |                |    |    |    |    |                  |                |           |    |    |                |    |                  |            |
| 17.30-18.00 | Breakdance                   | Basketball                   |    |                |    |    |    |    | Breakdance       | Basketball     | Jiu Kids  |    |    |                |    | Breakdance       | Basketball |
| 18.00-18.30 | Teens                        | Teens                        |    |                |    |    |    |    | Teens            | Teens          |           |    |    |                |    | Teens            | Teens      |
| 18.30-19.00 |                              |                              |    |                |    |    |    |    |                  |                |           |    |    |                |    |                  |            |
| 19.00-19.30 | Parcour                      | Escrima                      |    |                |    |    |    |    | Parcour          | Escrima        | Jiu Teens |    |    |                |    | Parcour          | Escrima    |
| 19.30-20.00 | Anfänger                     |                              |    |                |    |    |    |    | Anfänger         |                |           |    |    |                |    | Anfänger         |            |
| 20.00-20.30 |                              |                              |    |                |    |    |    |    |                  |                |           |    |    |                |    |                  |            |
| 20.30-21.00 | Parcour                      | Basketball Open              |    |                |    |    |    |    | Parcour          |                |           |    |    |                |    | Parcour          |            |
| 21.00-21.30 | Fortgeschrittene             | Gym ab 14. Jahren<br>m+w Mix |    |                |    |    |    |    | Fortgeschrittene |                |           |    |    |                |    | Fortgeschrittene |            |
| 21.30-22.00 |                              |                              |    |                |    |    |    |    |                  | BB Damen       |           |    |    |                |    |                  | BB Damen   |

### Sporthalle Godorf und Haus der Familie (Rondorf)

| Godorf<br>Sporthalle 2   | Haus der Familie-<br>Rondorf                                  |
|--|---|
| 17.00-18.30<br>Jiu Jitsu Kids<br>U 12/<br>18.30-20.00<br>Teens u<br>Erwachsene | 18.00-19.00 und<br>19.00-20.00 Krav<br>Maga Kids und<br>Teens |
|  | 20.15-21.45 Krav<br>Maga<br>Erwachsene                        |

| Godorf<br>Sporthalle 2 |
|------------------------|
| 18.00-20.00<br>Futsal  |

### Sporthalle Godorf und Haus der Familie (Rondorf)

| Godorf<br>Sporthalle  | Haus der Familie-<br>Rondorf  |
|---|---|
| 17.00-18.30<br>Jiu Jitsu<br>Kids U<br>12/<br>18.30-20.00<br>Teens u | 18.00-19.00<br>und<br>19.00-20.00<br>Krav Maga<br>Kids und<br>Teens |
|   | 20.15-21.45<br>Krav Maga<br>Erwachsene                              |

| Godorf<br>Sporthalle 2 |
|------------------------|
| 18.00-20.00<br>Futsal  |