

Hallenbelegung MTV-Sportzentrum / Stand: 27. September 2017

| UHR | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | | |
|-------|--|----------------|-------------------------|----------------------|----------------------------------|------------------------|------------------------|---------------------|----------------------|--------------------------|----------------------------|-----------------------|-------|
| | Halle 2 | Halle 1 | Halle 2 | Halle 1 | Halle 2 | Halle 1 | Halle 2 | Halle 1 | Halle 2 | Halle 1 | | | |
| 09:00 | Aerobic 60+ | Fitness | | | Frauengymn. | | | | Frauengymn. | | | 09:00 | |
| 09:30 | Anke | | Wirbelsäule | | Elke / 8.45 | | | | 30+ Anke | | | 09:30 | |
| 10:00 | | Jana | Anne | | Mini-Trampolin | | | | | | Bodyworkout | SambaCardio | 10:00 |
| 10:30 | | | Ameos Klinikum | | Annelie / 10.00 | | | | | | (alle 2 Wochen) | Karina | 10:30 |
| 11:00 | | | Olivia | | | | Senioren | | | | | | 11:00 |
| 11:30 | | | | | | | Birgit / 11.00 | | | | | | 11:30 |
| 12:00 | Achtung: z.T. nicht mehr aktuell ! | | | | | | | | | | | 12:00 | |
| 12:30 | Es wird in Kürze ein aktualisierter Plan für die Hallenbelegung des MTV-Sportzentrums erstellt. | | | | | | | | | | | 12:30 | |
| 13:00 | | | | | | | | | | | | | 13:00 |
| 13:30 | | | Ameos Klinikum | | | | | | | | | | 13:30 |
| 14:00 | | | Olivia | | | | | | | | | | 14:00 |
| 14:30 | | | | | | | | | | | | | 14:30 |
| 15:00 | | | | | Pflegeschulzentrum Goslar | | | | Kindertanz | | | | 15:00 |
| 15:30 | | | | | 14.45 | | | | Karina / 14.30 | | | | 15:30 |
| 16:00 | Fussball-Jgd. | | Fussball-Polizei | | | | Linedance | | Fussball-Jgd. | | | | 16:00 |
| 16:30 | Heiner | | | | | | Petra / 16.00 | | Heiner | | | | 16:30 |
| 17:00 | | | | Fussball-Jgd. | Zumba | JuJutsu | | | Fussball-Jgd. | | Sonntag 17.00-18.30 | | 17:00 |
| 17:30 | | | | Minis / 17.00 | Anabel / 17.00 | Kinder / 17.00 | | | Marcus | | JuJutsu | | 17:30 |
| 18:00 | VideoclipDance | | Jet-Legs | | Wirbelsäule | | Leichtathletik | Yoga / 17.15 | Patrick/Nils | | | | 18:00 |
| 18:30 | Inga | | 17.30 | | Anne / 18.00 | Jörg | | Dorothea | Jgd. | | Crosstraining | Leichtathletik | 18:30 |
| 19:00 | Step-Aerobic | | Jazzdance | | Bodypower | Fitnessraum HSG | Pilates / 19.00 | | Jgd. | Domi / 18.30 | Patrick/Nils | | 19:00 |
| 19:30 | Inga | | Anne | | Anke / 19.00 | 18 - 21 Uhr | Karina | | Dominik | | | | 19:30 |
| 20:00 | Bodyworkout | Erw. 19.30 | J.E.T.s | | Fussball-Herren | | | | | Fussball-Senioren | | | 20:00 |
| 20:30 | Romina | | | | | | | | | | | | 20:30 |
| 21:00 | Fitness | Jörg | | | Markus | | | | | Klaus | | | 21:00 |
| 21:30 | 20.00 Uhr | | | | | | | | | | | | 21:30 |
| 22:00 | Heiko | | Anne | | | | | | | | | | 22:00 |

Kraft-, Fitnessraum