# Sportplatz-Belegungsplan

**35. KW**

| Uhrzeit | Donnerstag | | | Freitag | | | Samstag | | | Sonntag | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Basketballplatz | Rasen | Volleyballplatz | Basketballplatz | Rasen | Volleyballplatz | Basketballplatz | Rasen | Volleyballplatz | Basketballplatz | Rasen | Volleyballplatz |
| 09:00 | | **9:00 - 10:30 Uhr** Fitness für Frauen | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | **11:00 - 12:00 Uhr** Karate | |
| 11:30 | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | |
| 16:30 | | | **16:30 - 17:30 Uhr** Eltern Kind turnen | | 16:45 - 18:00 Uhr Bambini Fußball | | | | | | | |
| 17:00 | | | | | | | | | | | | |
| 17:30 | | **17:45 - 19:15 Uhr** Fußball B-Jugend | | | | | | | | | | |
| 18:00 | | | | | | **18:00 - 19:00 Uhr** Sportabzeichen Kinder | | | | **18:00 - 19:30 Uhr** Adventure Racer | | |
| 18:30 | **18:45 - 20:15 Uhr** Adventure Racer | **18:00 - 19:30 Uhr** Fußball A-Jugend | | | | | | | | | | |
| 19:00 | | | **19:00 - 20:30 Uhr** Rückenfitness | **19:15 - 20:15 Uhr** TABATA | | | | | | | | |
| 19:30 | | **19:30 - 21:15 Uhr** Fußball Herren 1. und 2. Mannschaft | | | | **19:00 - 20:00 Uhr** Sportabzeichen Erwachsene | | | | | | |
| 20:00 | | | | | **20:30 - 21:30 Uhr** Türkücü Ratingen | | | | | | | |
| 20:30 | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | |