

## Trainingplan ab Schuljahr 2025/2026 (2. Schulhalbjahr)

| Tag      | Montag                                |             | Dienstag            |                               | Mittwoch                           |                                      | Donnerstag |                            | Freitag            |                     | Samstag             |
|----------|---------------------------------------|-------------|---------------------|-------------------------------|------------------------------------|--------------------------------------|------------|----------------------------|--------------------|---------------------|---------------------|
| Ort      | PS                                    | WS          | PS                  | WS                            | PS                                 | WS                                   | PS         | WS                         | PS                 | WS                  | WS                  |
| Zeit     | 14.30-16.00                           |             | 14.30-15.50         | 16.00-18.00                   | 14.30-16.00                        |                                      |            |                            |                    |                     | 10.00-13.00         |
| Sportart | Bodenturnen<br>NW                     |             | Gerätturnen         | Rollschuh-<br>akrobatik<br>NW | Artistikzwerge                     |                                      |            |                            |                    |                     | Rope Skipping<br>LK |
| Zeit     | 16.00-18.00                           | 16.00-17.30 | 16.00-17.00         | 17.00-19.00                   | 16.00-17.30                        | 16.00-17.30                          |            | 16.00-18.00                | 15.30-20.00        | 15.15-16.45         |                     |
| Sportart | Sportakrobatik                        | Einrad NW   | Vorschul-<br>turnen | Kautschuk<br>&<br>Jonglage    | Minitrampo-<br>lin NW<br>&<br>Kiro | Vertikaltuch<br>NW                   |            | Rollschuh-<br>akrobatik LK | Rhönrad-<br>turnen | Rope Skipping<br>NW |                     |
| Zeit     | 18.00-19.30                           |             |                     | 19.00-20.30                   | 17.30-19.30                        | 17.00-19.00                          |            |                            |                    |                     | 17.00-19.00         |
| Sportart | Airtrack<br>&<br>Bodenturnen<br>Teens |             |                     | Einrad LK                     | Kunstrad                           | Große Leiter<br>&<br>Vertikaltuch LK |            |                            |                    | Rope Skipping<br>LK |                     |
| Zeit     | 19.30-21.00                           |             |                     | 20.30-22.00                   | 19.30-21.00                        | 19.00-20.30                          |            |                            |                    |                     |                     |
| Sportart | Minitrampolin LK                      |             |                     | Volleyball                    | Ringtrapez                         | Modern Dance                         |            |                            |                    |                     |                     |

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|----|------------------------|
| PS | Turnhalle Philipstraße |
| WS | Turnhalle Weststraße   |

|    |                 |
|----|-----------------|
| NW | Nachwuchs       |
| LK | Leistungsklasse |

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|-----------------|--|---|
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