

## Belegungsplan Mattenhalle /Judo Ottmarsbocholt

Stand: Okt. 2025

| Zeit          | Montag                       | Dienstag                      | Mittwoch           | Donnerstag                    | Freitag                             | Samstag        | Sonntag                            |
|---------------|------------------------------|-------------------------------|--------------------|-------------------------------|-------------------------------------|----------------|------------------------------------|
| 8:00-8:30     |                              |                               |                    |                               |                                     |                |                                    |
| 08:30 - 09:00 |                              |                               |                    | KFD/FBS                       |                                     |                |                                    |
| 09:00 - 09:30 |                              | KFD/FBS                       | KFD/FBS            |                               | Haltung &Bewegung                   |                |                                    |
| 9:30-10:00    |                              | "Kidix"                       |                    | "Kidix"                       |                                     | Babyturnen     |                                    |
| 10:00-10:30   |                              | Eltern-Kind-Kurs              | Eltern-Kind-Kurs   |                               | Babyturnen                          |                |                                    |
| 10:30-11:00   |                              |                               |                    |                               |                                     |                |                                    |
| 11:00-11:30   |                              |                               |                    |                               |                                     |                |                                    |
| 11:30-12:00   |                              |                               |                    |                               |                                     |                |                                    |
| 13:00-14:00   |                              |                               |                    |                               |                                     | Sondertraining |                                    |
| 14.00 - 14.30 |                              |                               |                    |                               |                                     |                |                                    |
| 14.30 - 15.00 |                              |                               |                    |                               |                                     |                |                                    |
| 15.00 - 15.30 |                              |                               |                    |                               |                                     |                |                                    |
| 15.30 - 16.00 |                              |                               |                    |                               |                                     |                |                                    |
| 16.00 - 16.30 |                              |                               |                    |                               | Judo 4-5 J<br>mit Svenja            |                |                                    |
| 16.30 - 17.00 |                              |                               |                    |                               | Judo 6-8 J<br>mit Svenja            |                |                                    |
| 17.00 - 17.30 |                              |                               |                    |                               |                                     |                |                                    |
| 17.30 - 18.00 | Kung-Fu                      |                               | Kung-Fu            |                               |                                     |                |                                    |
| 18.00 - 18.30 | ab 16 J. mit Thorsten        | Judo 7-14 J<br>mit Jan & Jan  | ab 16 J m.Thorsten |                               |                                     |                |                                    |
| 18.30 - 19.00 | KFD/FBS<br>Wohlfühlgymnastik |                               |                    | Judo 7-14 J<br>mit Jan & Jan  |                                     |                | Kung-Fu<br>ab 16 J<br>mit Thorsten |
| 19.00 - 19.30 |                              |                               |                    |                               |                                     |                |                                    |
| 19.30 - 20.00 |                              | Judo ab 14 J<br>mit Jan & Jan |                    | Judo ab 14 J<br>mit Jan & Jan |                                     |                |                                    |
| 20.00 - 20.30 |                              |                               |                    |                               | Aikido<br>von 8 -90 J<br>mit Jochen |                |                                    |
| 20.30 - 21.00 |                              |                               |                    |                               |                                     |                |                                    |
| 21.00 - 21.30 |                              |                               |                    |                               |                                     |                |                                    |
| 21.30 - 22.00 |                              |                               |                    |                               |                                     |                |                                    |