

TuS Ekern - Winterhallenzeiten 2023/2024

Turnhalle Ekern

| Zeitraum | Montag | Dienstag | Mittwoch | Zeitraum | Donnerstag | Freitag | Samstag | Zeitraum | Sonntag | | | | |
|---------------|----------------------|----------------------|-------------------------------|-----------------|----------------------|---------------------------|-----------------------------|--------------------------------|----------------------|----------------|---------------------------|---------------|--|
| 08:00 - 08:15 | | Sportunterricht | | 08:00 - 08:15 | | Sportunterricht | | 08:00 - 08:15 | | | | | |
| 08:15 - 08:30 | | | | | 08:15 - 08:30 | | | | | 08:15 - 08:30 | | | |
| 08:30 - 08:45 | | | | | 08:30 - 08:45 | | | | | 08:30 - 08:45 | | | |
| 08:45 - 09:00 | | | | | 08:45 - 09:00 | | | | | 08:45 - 09:00 | | | |
| 09:00 - 09:15 | | | | Kneippverein | 09:00 - 09:15 | | | | | 09:00 - 09:15 | | | |
| 09:15 - 09:30 | | | | Frauengruppe | 09:15 - 09:30 | | | | | 09:15 - 09:30 | | | |
| 09:30 - 09:45 | | | | | 09:30 - 09:45 | | | | | 09:30 - 09:45 | | | |
| 09:45 - 10:00 | | | | Maria Brummund | 09:45 - 10:00 | | | | | 09:45 - 10:00 | | | |
| 10:00 - 10:15 | | | AWO Kindergarten Pfarrhof. | Frauengymnastik | 10:00 - 10:15 | | | DRK Kindergarten Mozartstr. | | 10:00 - 10:15 | Fußball | | |
| 10:15 - 10:30 | | | | Frauengruppe I | 10:15 - 10:30 | | | | | | 10:15 - 10:30 | Hobby Ü40 | |
| 10:30 - 10:45 | | | | | | | 10:30 - 10:45 | | | | | | |
| 10:45 - 11:00 | | | | | Maria Brummund | | 10:45 - 11:00 | | | | Einrad fahren Anfänger | 10:30 - 10:45 | |
| 11:00 - 11:15 | | | | Kneippverein | 11:00 - 11:15 | | | | | 10:45 - 11:00 | | | |
| 11:15 - 11:30 | | | | Frauengruppe | 11:15 - 11:30 | | | | Bettina Jacobs | 11:00 - 11:15 | | | |
| 11:30 - 11:45 | | Sekretariat | | 11:30 - 11:45 | | | Tischtennis | 11:15 - 11:30 | | | | | |
| 11:45 - 12:00 | | | | Maria Brummund | 11:45 - 12:00 | | Birgit Richter | Jugend | 11:30 - 11:45 | Rainer Förster | | | |
| 12:00 - 12:15 | | | | 12:00 - 12:15 | | | | 11:45 - 12:00 | | | | | |
| 12:15 - 12:30 | | | | 12:15 - 12:30 | | | | 12:00 - 12:15 | | | | | |
| 12:30 - 12:45 | | | | 12:30 - 12:45 | | | | 12:15 - 12:30 | | | | | |
| 12:45 - 13:00 | | | | 12:45 - 13:00 | | | | 12:30 - 12:45 | Fußball | | | | |
| 13:00 - 13:15 | | | | 13:00 - 13:15 | | | | 12:45 - 13:00 | 1 + 2 Herren | | | | |
| 13:15 - 13:30 | | | | 13:15 - 13:30 | | | | 13:00 - 13:15 | | | | | |
| 13:30 - 13:45 | | | | 13:30 - 13:45 | | | | 13:15 - 13:30 | | | | | |
| 13:45 - 14:00 | | | | 13:45 - 14:00 | | | | 13:30 - 13:45 | | | | | |
| 14:00 - 14:15 | Seniorengymnastik | | | 14:00 - 14:15 | | | | 13:45 - 14:00 | | | | | |
| 14:15 - 14:30 | | | | | 14:15 - 14:30 | | | Thomas Hullmann | 14:00 - 14:15 | | | | |
| 14:30 - 14:45 | | | | 14:30 - 14:45 | | | | 14:15 - 14:30 | | | | | |
| 14:45 - 15:00 | Maria Brummund | | | 14:45 - 15:00 | | Einrad fahren Profis A | Tischtennis Ausweichzeit | 14:30 - 14:45 | Lars zu Klampen | | | | |
| 15:00 - 15:15 | Eltern/Kind Turnen | Kinderturnen | Kinderturnen | 15:00 - 15:15 | Eltern/Kind Turnen | | | 14:45 - 15:00 | Fußball | | | | |
| 15:15 - 15:30 | Kinder (1 - 3 Jahre) | Kinder (3 - 6 Jahre) | Kinder (3 - 6 Jahre) | 15:15 - 15:30 | Kinder (1 - 3 Jahre) | | | 15:00 - 15:15 | Hobby-Damen | | | | |
| 15:30 - 15:45 | | | | 15:30 - 15:45 | | | | 15:15 - 15:30 | | | | | |
| 15:45 - 16:00 | | | Regina Hinrichs | 15:45 - 16:00 | | | | 15:30 - 15:45 | | | | | |
| 16:00 - 16:15 | | Regina Hinrichs | Kinderturnen | 16:00 - 16:15 | | | Einrad fahren Profis B | 15:45 - 16:00 | | | | | |
| 16:15 - 16:30 | | F-Jugend | Kinder (ab 6 Jahre) | 16:15 - 16:30 | Melanie Müller | | | 16:00 - 16:15 | | | | | |
| 16:30 - 16:45 | | Fußball | | 16:30 - 16:45 | Männersport Ü60 | | | 16:15 - 16:30 | | | | | |
| 16:45 - 17:00 | Ayleen Hinrichs | | Melanie Müller | 16:45 - 17:00 | | Lisa Kruse | | 16:30 - 16:45 | Kea Lohse | | | | |
| 17:00 - 17:15 | Einrad fahren | Andreas Ziesenitz | D1-Jugend | 17:00 - 17:15 | | Tischtennis | | 16:45 - 17:00 | Hallenreinigung | | | | |
| 17:15 - 17:30 | Fortgeschrittene I | Tischtennis | Fußball | 17:15 - 17:30 | Gerold Bruns | Jugend | Lisa Kruse | 17:00 - 17:15 | Sonntag ab 17:00 Uhr | | | | |
| 17:30 - 17:45 | | Jugend | | 17:30 - 17:45 | D2-Jugend | | | 17:15 - 17:30 | | | | | |
| 17:45 - 18:00 | Bettina Jacobs | | Achim Büsing | 17:45 - 18:00 | Fußball | | Einrad fahren Profi A | 17:30 - 17:45 | | | | | |
| 18:00 - 18:15 | Einrad fahren | | Fitness Damen | 18:00 - 18:15 | | | | 17:45 - 18:00 | | | | | |
| 18:15 - 18:30 | Fortgeschrittene II | | Frauenturngruppe | 18:15 - 18:30 | | | | 18:00 - 18:15 | | | | | |
| 18:30 - 18:45 | | | | 18:30 - 18:45 | | | | 18:15 - 18:30 | | | | | |
| 18:45 - 19:00 | Lisa Kruse | | Maria Brummund | 18:45 - 19:00 | Benjamin Beyrowski | | Lisa Kruse | 18:30 - 18:45 | | | | | |
| 19:00 - 19:15 | Frauengymnastik | | Einrad fahren | 19:00 - 19:15 | Bodystyling (BBP) | | | 18:45 - 19:00 | | | | | |
| 19:15 - 19:30 | Frauengruppe II | | Erwachsene | 19:15 - 19:30 | Frauengruppe | | | 19:00 - 19:15 | | | | | |
| 19:30 - 19:45 | | | | 19:30 - 19:45 | | | | 19:15 - 19:30 | | | | | |
| 19:45 - 20:00 | Angelika Wessel | Thomas Hullmann | | 19:45 - 20:00 | Britta Ahlers | Thomas Hullmann | | 19:30 - 19:45 | | | | | |
| 20:00 - 20:15 | Volleyball | Tischtennis | Julia Marszalek | 20:00 - 20:15 | B-Jugend | | | 19:45 - 20:00 | | | | | |
| 20:15 - 20:30 | gemischte Gruppe | Erwachsene | Männersport Ü40 | 20:15 - 20:30 | Fußball | | | 20:00 - 20:15 | | | | | |
| 20:30 - 20:45 | | | Präventiv-/Konditionss | 20:30 - 20:45 | | | | 20:15 - 20:30 | | | | | |
| 20:45 - 21:00 | | | | 20:45 - 21:00 | | | | 20:30 - 20:45 | | | | | |
| 21:00 - 21:15 | | | | 21:00 - 21:15 | Fabian Wemken | | | 20:45 - 21:00 | | | | | |
| 21:15 - 21:30 | | | | 21:15 - 21:30 | | | | 21:00 - 21:15 | | | | | |
| 21:30 - 21:45 | | | Wolf Schrimpf | 21:30 - 21:45 | | | | 21:15 - 21:30 | | | | | |
| 21:45 - 22:00 | Holger Süsens | Jens von Garrel | | 21:45 - 22:00 | | Jens von Garrel | | 21:30 - 21:45 | | | | | |
| | | | | | | | | 21:45 - 22:00 | | | | | |

Bitte zugeordnete Hallenzeiten einhalten. Änderungswünsche sind dem Vorstand zu melden und genehmigen zu lassen.

keine TuS Ekern Gruppe

Geschäftsstelle: Bettina Jacobs, Im Vieh 6a, 26160 Ekern, Tel: 04403/6298524, e-mail: info@tus-ekern.de, geöffnet Montags, gerade Kalenderwoche: 18:00 Uhr - 19:30 Uhr

Sporthalle, Burgfelder Str. 49, 26160 Ekern

Umkleidegebäude Birkenstadion, Im Vieh 6a, 26160 Ekern

TuS Ekern - Winterhallenzeiten 2023/2024

Hallen außerhalb Ekern

| Zeitraum | Montag | Dienstag | Mittwoch | Zeitraum | Donnerstag | Freitag | Zeitraum |
|---------------|-------------------|--------------------|----------|---------------|-------------------|-------------------|---------------|
| 15:00 – 15:15 | | | | 15:00 – 15:15 | | | 15:00 – 15:15 |
| 15:15 – 15:30 | | | | 15:15 – 15:30 | | | 15:15 – 15:30 |
| 15:30 – 15:45 | | | | 15:30 – 15:45 | | | 15:30 – 15:45 |
| 15:45 – 16:00 | | | | 15:45 – 16:00 | | | 15:45 – 16:00 |
| 16:00 – 16:15 | C2-Jugend | | | 16:00 – 16:15 | | | 16:00 – 16:15 |
| 16:15 – 16:30 | Halle BBS Rostrup | | | 16:15 – 16:30 | | | 16:15 – 16:30 |
| 16:30 – 16:45 | 16:00 - 18:00 Uhr | | | 16:30 – 16:45 | Halle BBS Rostrup | | 16:30 – 16:45 |
| 16:45 – 17:00 | | | | 16:45 – 17:00 | 16:15 - 18:00 Uhr | | 16:45 – 17:00 |
| 17:00 – 17:15 | | | | 17:00 – 17:15 | G-Jugend | | 17:00 – 17:15 |
| 17:15 – 17:30 | | C1-Jugend | | 17:15 – 17:30 | 17:00-18:00 Uhr | E-Jugend | 17:15 – 17:30 |
| 17:30 – 17:45 | | Gymnasium | | 17:30 – 17:45 | | GRH Teil A | 17:30 – 17:45 |
| 17:45 – 18:00 | Markus Blankertz | 17:15-19:00 Uhr | | 17:45 – 18:00 | | 17:15-18:45 Uhr | 17:45 – 18:00 |
| 18:00 – 18:15 | | | | 18:00 – 18:15 | | GRH Teil A B C | 18:00 – 18:15 |
| 18:15 – 18:30 | | | | 18:15 – 18:30 | | 17:30 - 19:00 Uhr | 18:15 – 18:30 |
| 18:30 – 18:45 | | | | 18:30 – 18:45 | | | 18:30 – 18:45 |
| 18:45 – 19:00 | | Stefan Neteler | | 18:45 – 19:00 | A-Jugend | | 18:45 – 19:00 |
| 19:00 – 19:15 | | | | 19:00 – 19:15 | Gymnasium | | 19:00 – 19:15 |
| 19:15 – 19:30 | | | | 19:15 – 19:30 | 18:45 - 20:15 Uhr | | 19:15 – 19:30 |
| 19:30 – 19:45 | | | | 19:30 – 19:45 | | | 19:30 – 19:45 |
| 19:45 – 20:00 | | | | 19:45 – 20:00 | | | 19:45 – 20:00 |
| 20:00 – 20:15 | | 2. Herren | | 20:00 – 20:15 | Guido Stolle | 1. Herren | 20:00 – 20:15 |
| 20:15 – 20:30 | | GRH Teil D | | 20:15 – 20:30 | | GRH Teil D | 20:15 – 20:30 |
| 20:30 – 20:45 | | 20:00-22:00 Uhr | | 20:30 – 20:45 | | 20:00-22:00 Uhr | 20:30 – 20:45 |
| 20:45 – 21:00 | | | | 20:45 – 21:00 | | | 20:45 – 21:00 |
| 21:00 – 21:15 | | | | 21:00 – 21:15 | | | 21:00 – 21:15 |
| 21:15 – 21:30 | | | | 21:15 – 21:30 | | | 21:15 – 21:30 |
| 21:30 – 21:45 | | | | 21:30 – 21:45 | | | 21:30 – 21:45 |
| 21:45 – 22:00 | | Steffen Mittendorf | | 21:45 – 22:00 | | Lars zu Klampen | 21:45 – 22:00 |

Bitte zugeordnete Hallenzeiten einhalten. Änderungswünsche sind dem Vorstand zu melden und genehmigen zu lassen.

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Geschäftsstelle: Bettina Jacobs, Im Vieh 6a, 26160 Ekern, Tel: 04403/6298524, e-mail: info@tus-ekern.de, geöffnet Montags, gerade Kalenderwoche: 18:00 Uhr - 19:30 Uhr

Sporthalle, Burgfelder Str. 49, 26160 Ekern

Umkleidegebäude Birkenstadion, Im Vieh 6a, 26160 Ekern

Stand: Oktober 2022