

TSV-Indoor sports from 01.03.2022



Children/Teenager Sports

Children's sports (4-6 years old)	mondays	16.00 - 17.00 pm	Christa / Simon
Children's sports (7-9 years old)	mondays	17.00 - 18.00 pm	Christa / Simon
Sports games (from 10 years)	mondays	18.00 - 19.30 pm	David / Jakob
Parent-Child-exercises	tuesdays	16.00 - 17.00 pm	Katja Scherr
Children's sports (4-6 years old)	tuesdays	17.00 - 17.45 pm	Katja / Simon
Children's sports (ab 7 years old)	tuesdays	17.45 - 18.45 pm	Katja / Simon
Parent-Child-exercises	wednesdays	16.00 - 17.00 pm	Simon/ Doris
Children's sports (4-6 years old)	wednesdays	17.00 - 18.00 pm	Simon / Torben
Badminton Youth	wednesdays	18.00 - 19.00 pm	Conrads/Midusnky
Adventure sports (from 9 years)	thursdays	16.00 - 17.30 pm	Simon / Doris
Floor/apparatus gymnastics (from 6 years)	thursdays	17.30 - 19.00 pm	Barbara / Ben
Children's sports (4-6 years old)	fridays	14.30 - 15.30 pm	Svenja Stettes
Parent-Child-exercises	fridays	15.30 - 16.30 pm	Svenja Stettes
Parkour/Tricking	fridays	16.30 - 17.30 pm	Artur, Pascal, Dominik
Parkour/Tricking	fridays	17.30 - 18.30 pm	Artur, Pascal, Dominik
Parkour (Middle / advanced)	saturdays	10.00 - 11.00 am	Artur / Dominik
Parkour (Basic)	saturdays	11.00 - 12.00 am	Artur /Dominik



Adult Sports

Women-Fitness-Sports	mondays	19.30 - 20.30 pm	Claudia Claes
Women-Fitness-Sports	mondays	20.30 - 21.30 pm	Claudia Claes
Feel good-gymnastics	tuesdays	18.45 - 19.45 pm	Katja Scherr
Volleyball	tuesdays	20.30 - 22.00 pm	Klaus Schopen
Table tennis (for all ages)	wednesdays	19.00 - 22.00 pm	Gerd Conrads
Badminton	thursdays	19.00 - 22.00 pm	Conrads/Midunsky
Women gymnastics (indoor in Sürth)	wednesdays	10.30 - 11.30 am	Barbara Beyer
Fit & Fun	fridays	18.30 - 20.00 pm	Christa Bergrath
Zumba	saturdays	14.00 - 15.00 pm	Predrag Stojanovski

Sport macht Spaß!



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