

| GS Alchen |       |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
|-----------|-------|------------------------------------------------|-------------------|-----------------------------------------------|-------------------|------------------------------------------------|-------------------|-------------------------------------------------|-------------------|-----------------------------------------------------------------------------|-------------------|----------------------------------------|--|
|           |       | Montag                                         |                   | Dienstag                                      |                   | Mittwoch                                       |                   | Donnerstag                                      |                   | Freitag                                                                     |                   |                                        |  |
|           |       | 01.08.23-31.10.23<br>01.03.24-31.07.24         | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24        | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24         | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24          | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24                                      | 01.11.23-28.02.24 |                                        |  |
| 16:00     | 16:15 | ATG<br>Kinder-Abenteuerturnen<br>Susanne Fuchs |                   | ATG<br>Leichtathletik<br>Andrea Wehner        |                   | ATG<br>Mädchenturnen<br>Andrea Wehner          |                   | ATG<br>Mu-Ki-Turnen<br>Nicole Zimmermann        |                   | ATG<br>Parkour und mehr<br>Kids in Action<br>Sebastian Klaas                |                   |                                        |  |
| 16:15     | 16:30 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 16:30     | 16:45 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 16:45     | 17:00 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 17:00     | 17:15 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 17:15     | 17:30 | TuS Alchen<br>Seniorengymnastik<br>Sabine Kühn |                   | ATG<br>Jungenturnen<br>Nils Wehner            |                   | ATG<br>Parkour I<br>Sebastian Klaas            |                   | ATG<br>Trampolin<br>Dana Irle<br>Lisa Grauel    |                   | TuS Alchen<br>Badminton<br>Ralf Tschersche                                  |                   | TuS Alchen<br>Fußball<br>Martina Debus |  |
| 17:30     | 17:45 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 17:45     | 18:00 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 18:00     | 18:15 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 18:15     | 18:30 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 18:30     | 18:45 | TuS Alchen<br>Präventivsport<br>Sabine Kühn    |                   | CVJM Alchen<br>Floorball<br>Volker Göbel      |                   | TuS Alchen<br>Tischtennis<br>Stefan Tschersche |                   | ATG<br>Box-Aerobic + Bodyworkout<br>Sonja Ising |                   | ATG<br>Badminton<br>Christian Fries                                         |                   |                                        |  |
| 18:45     | 19:00 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 19:00     | 19:15 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 19:15     | 19:30 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 19:30     | 19:45 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 19:45     | 20:00 | frei                                           | frei              | CVJM Alchen<br>Volleyball<br>Matthias Fillies |                   |                                                |                   | frei                                            |                   | ATG<br>Sondertraining<br>Parkour + Trampolin<br>Dana Irle + Sebastian Klaas |                   |                                        |  |
| 20:00     | 20:15 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 20:15     | 20:30 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 20:30     | 20:45 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 20:45     | 21:00 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 21:00     | 21:15 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 21:15     | 21:30 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 21:30     | 21:45 | frei                                           |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |
| 21:45     | 22:00 |                                                |                   |                                               |                   |                                                |                   |                                                 |                   |                                                                             |                   |                                        |  |

| 3-fach Halle Büschergrund - Halle 1 |       |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
|-------------------------------------|-------|---------------------------------------------------|-------------------|------------------------------------------------------------------|---------------------------------------------|---------------------------------------------------|---------------------------------------------------|----------------------------------------|------------------------------------------------------------|----------------------------------------|-------------------|
|                                     |       | Montag                                            |                   | Dienstag                                                         |                                             | Mittwoch                                          |                                                   | Donnerstag                             |                                                            | Freitag                                |                   |
|                                     |       | 01.08.23-31.10.23<br>01.03.24-31.07.24            | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24                           | 01.11.23-28.02.24                           | 01.08.23-31.10.23<br>01.03.24-31.07.24            | 01.11.23-28.02.24                                 | 01.08.23-31.10.23<br>01.03.24-31.07.24 | 01.11.23-28.02.24                                          | 01.08.23-31.10.23<br>01.03.24-31.07.24 | 01.11.23-28.02.24 |
| 16:00                               | 16:15 | TV Büschergrund<br>Mädchenturnen<br>Bärbel Bäumer |                   | TV Büschergrund<br>Mädchenturnen<br>Power-Girls<br>Bärbel Bäumer | frei                                        | TuS Alchen<br>Fußball<br>Raimund Schulz           | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah | frei                                   | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Kai Herrmann |                                        |                   |
| 16:15                               | 16:30 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 16:30                               | 16:45 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 16:45                               | 17:00 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 17:00                               | 17:15 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 17:15                               | 17:30 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 17:30                               | 17:45 | VC 73<br>Volleyball<br>Lea Uebach                 |                   | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                | TV Büschergrund<br>TGW/TGM<br>Paulina Weber | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah | VC 73<br>Volleyball<br>Theres Schreiber           |                                        |                                                            |                                        |                   |
| 17:45                               | 18:00 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 18:00                               | 18:15 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 18:15                               | 18:30 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 18:30                               | 18:45 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 18:45                               | 19:00 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 19:00                               | 19:15 | VC 73<br>Roundnet<br>Daniel Uebach                |                   | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                | VC 73<br>Roundnet<br>Daniel Uebach          | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah | VC 73<br>Volleyball<br>Lea Uebach                 |                                        |                                                            |                                        |                   |
| 19:15                               | 19:30 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 19:30                               | 19:45 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 19:45                               | 20:00 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 20:00                               | 20:15 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 20:15                               | 20:30 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 20:30                               | 20:45 | VC 73<br>Roundnet<br>Jovana Bojic                 |                   | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                | VC 73<br>Volleyball<br>Peter Kluge          | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah | VC 73<br>Volleyball<br>Norbert Homrighausen       |                                        |                                                            |                                        |                   |
| 20:45                               | 21:00 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 21:00                               | 21:15 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 21:15                               | 21:30 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 21:30                               | 21:45 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |
| 21:45                               | 22:00 |                                                   |                   |                                                                  |                                             |                                                   |                                                   |                                        |                                                            |                                        |                   |

15.00-16.00 Uhr Kinderturnen Knirpse mit Bärbel Bäumer

|                                     |  |
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| 3-fach Halle Büschergrund - Halle 2 |  |
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|       |       | Montag                                      |                                                                | Dienstag                                           |                                                                  | Mittwoch                                          |                   | Donnerstag                                                     |                   | Freitag                                |                   |
|-------|-------|---------------------------------------------|----------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------|-------------------|----------------------------------------------------------------|-------------------|----------------------------------------|-------------------|
|       |       | 01.08.23-31.10.23<br>01.03.24-31.07.24      | 01.11.23-28.02.24                                              | 01.08.23-31.10.23<br>01.03.24-31.07.24             | 01.11.23-28.02.24                                                | 01.08.23-31.10.23<br>01.03.24-31.07.24            | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24                         | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24 | 01.11.23-28.02.24 |
| 16:00 | 16:15 | frei                                        | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Thorsten Schmidt | TV Büschergrund<br>Jungenturnen<br>Matthias Vieten | Stadt Freudenberg<br>Betriebssport<br>Badminton<br>Paulina Weber | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah | frei              | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Vasili Alexiadis |                   |                                        |                   |
| 16:15 | 16:30 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 16:30 | 16:45 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 16:45 | 17:00 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 17:00 | 17:15 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 17:15 | 17:30 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 17:30 | 17:45 | VC 73<br>Volleyball<br>Theres Schreiber     | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah              | VC 73<br>Volleyball<br>Daniel Römer                | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                | VC 73<br>Roundnet<br>Daniel Uebach                |                   |                                                                |                   |                                        |                   |
| 17:45 | 18:00 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 18:00 | 18:15 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 18:15 | 18:30 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 18:30 | 18:45 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 18:45 | 19:00 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 19:00 | 19:15 | VC 73<br>Volleyball<br>Linda Altgeld        | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah              | VC 73<br>Roundnet<br>Daniel Uebach                 | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                | VC 73<br>Volleyball<br>Linda Altgeld              |                   |                                                                |                   |                                        |                   |
| 19:15 | 19:30 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 19:30 | 19:45 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 19:45 | 20:00 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 20:00 | 20:15 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 20:15 | 20:30 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 20:30 | 20:45 | VC 73<br>Volleyball<br>Norbert Homrighausen | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah              | VC 73<br>Volleyball<br>Norbert Homrighausen        | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                | VC 73<br>Volleyball<br>Norbert Homrighausen       |                   |                                                                |                   |                                        |                   |
| 20:45 | 21:00 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 21:00 | 21:15 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 21:15 | 21:30 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 21:30 | 21:45 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |
| 21:45 | 22:00 |                                             |                                                                |                                                    |                                                                  |                                                   |                   |                                                                |                   |                                        |                   |

| 3-fach Halle Büschergrund - Halle 3 |       |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
|-------------------------------------|-------|------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------|----------------------------------------|-----------------------------------------------------------------|----------------------------------------|-------------------|
|                                     |       | Montag                                         |                                                                | Dienstag                                                 |                                             | Mittwoch                                                               |                                                   | Donnerstag                             |                                                                 | Freitag                                |                   |
|                                     |       | 01.08.23-31.10.23<br>01.03.24-31.07.24         | 01.11.23-28.02.24                                              | 01.08.23-31.10.23<br>01.03.24-31.07.24                   | 01.11.23-28.02.24                           | 01.08.23-31.10.23<br>01.03.24-31.07.24                                 | 01.11.23-28.02.24                                 | 01.08.23-31.10.23<br>01.03.24-31.07.24 | 01.11.23-28.02.24                                               | 01.08.23-31.10.23<br>01.03.24-31.07.24 | 01.11.23-28.02.24 |
| 16:00                               | 16:15 | frei                                           | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Matthias Saremba | TV Büschergrund<br>Mutter-Kind-Turnen<br>Jeanette Weigel | frei                                        | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>P. Hoffmann<br>L. Toborg | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah | frei                                   | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Tim Daniel Linden |                                        |                   |
| 16:15                               | 16:30 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 16:30                               | 16:45 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 16:45                               | 17:00 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 17:00                               | 17:15 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 17:15                               | 17:30 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 17:30                               | 17:45 | TV Büschergrund<br>Turnen KWK<br>Paulina Weber |                                                                | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah        | TV Freudenberg<br>Badminton<br>Ingo Reppel  | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                      | VC 73<br>Volleyball<br>Daniel Römer               |                                        |                                                                 |                                        |                   |
| 17:45                               | 18:00 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 18:00                               | 18:15 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 18:15                               | 18:30 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 18:30                               | 18:45 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 18:45                               | 19:00 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 19:00                               | 19:15 | TV Freudenberg<br>Badminton<br>Ingo Reppel     |                                                                | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah        | TV Freudenberg<br>Badminton<br>Ingo Reppel  | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                      | VC 73<br>Volleyball<br>Daniel Römer               |                                        |                                                                 |                                        |                   |
| 19:15                               | 19:30 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 19:30                               | 19:45 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 19:45                               | 20:00 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 20:00                               | 20:15 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 20:15                               | 20:30 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 20:30                               | 20:45 | VC 73<br>Fußball<br>Björn Lorsbach             |                                                                | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah        | VC 73<br>Volleyball<br>Bettina Deutschmanek | TV Freudenberg<br>Basketball<br>Heikel Ben Meftah                      | VC 73<br>Volleyball<br>Norbert Homrighausen       |                                        |                                                                 |                                        |                   |
| 20:45                               | 21:00 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 21:00                               | 21:15 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 21:15                               | 21:30 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 21:30                               | 21:45 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |
| 21:45                               | 22:00 |                                                |                                                                |                                                          |                                             |                                                                        |                                                   |                                        |                                                                 |                                        |                   |

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| GS Freudenberg |
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|       |       | Montag                                         |                                                              | Dienstag                                                  |                                                             | Mittwoch                                               |                                                      | Donnerstag                                                     |                                                      | Freitag                                                          |                   |
|-------|-------|------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------|-------------------|
|       |       | 01.08.23-31.10.23<br>01.03.24-31.07.24         | 01.11.23-28.02.24                                            | 01.08.23-31.10.23<br>01.03.24-31.07.24                    | 01.11.23-28.02.24                                           | 01.08.23-31.10.23<br>01.03.24-31.07.24                 | 01.11.23-28.02.24                                    | 01.08.23-31.10.23<br>01.03.24-31.07.24                         | 01.11.23-28.02.24                                    | 01.08.23-31.10.23<br>01.03.24-31.07.24                           | 01.11.23-28.02.24 |
| 16:00 | 16:15 | VHS<br>Yoga für Ältere<br>Tillmann Flender     |                                                              | VHS<br>Pilates<br>Anne Meyer                              | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Fabian Fisahn | TV Freudenberg<br>Mu-Ki-Waldritter<br>Evelyn Alishiri  | VHS<br>Qigong, Yoga,<br>Thai-Chi<br>Tillmann Flender | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Jonas Füllenbach | VHS<br>Qigong, Yoga,<br>Thai-Chi<br>Tillmann Flender | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Sabrina Dietermann |                   |
| 16:15 | 16:30 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 16:30 | 16:45 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 16:45 | 17:00 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 17:00 | 17:15 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 17:15 | 17:30 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 17:30 | 17:45 | frei                                           | TuS Alchen<br>Fußball<br>Jennifer Bönnen,<br>Gaetano Parroco | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Ahmet Linar | TV Freudenberg<br>Tischtennis<br>Mohamed Diraoui            | TuS Alchen<br>Präventivsport<br>Sabine Kühn            | TV Freudenberg<br>Tischtennis<br>Mohamed Diraoui     |                                                                |                                                      |                                                                  |                   |
| 17:45 | 18:00 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 18:00 | 18:15 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 18:15 | 18:30 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 18:30 | 18:45 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 18:45 | 19:00 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 19:00 | 19:15 | TV Freudenberg<br>Tischtennis<br>Stefan Krämer |                                                              | TV Büschergrund<br>Gymnastik u.v.m.<br>Dietmar Moll       | TV Freudenberg<br>Tischtennis<br>Mohamed Diraoui            | VHS<br>Bodyfit Theraband + Schwingstab<br>Susanne Hain | TV Freudenberg<br>Tischtennis<br>Mohamed Diraoui     |                                                                |                                                      |                                                                  |                   |
| 19:15 | 19:30 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 19:30 | 19:45 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 19:45 | 20:00 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 20:00 | 20:15 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 20:15 | 20:30 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 20:30 | 20:45 |                                                |                                                              | TV Büschergrund<br>Ballsport<br>Theo Hamann               | TV Freudenberg<br>Tischtennis<br>Stefan Krämer              | Kfd-St.Marien<br>Gymnastik<br>Monika Berg              | TV Freudenberg<br>Tischtennis<br>Stefan Krämer       |                                                                |                                                      |                                                                  |                   |
| 20:45 | 21:00 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 21:00 | 21:15 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 21:15 | 21:30 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 21:30 | 21:45 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |
| 21:45 | 22:00 |                                                |                                                              |                                                           |                                                             |                                                        |                                                      |                                                                |                                                      |                                                                  |                   |



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|-------------------|
| Pestalozzi-Schule |
|-------------------|

|       |       | Montag                                                            |                                                               | Dienstag                                       |                                                      | Mittwoch                                                  |                   | Donnerstag                                                     |                                                                  | Freitag                                |                   |
|-------|-------|-------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------|-------------------|----------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------|-------------------|
|       |       | 01.08.23-31.10.23<br>01.03.24-31.07.24                            | 01.11.23-28.02.24                                             | 01.08.23-31.10.23<br>01.03.24-31.07.24         | 01.11.23-28.02.24                                    | 01.08.23-31.10.23<br>01.03.24-31.07.24                    | 01.11.23-28.02.24 | 01.08.23-31.10.23<br>01.03.24-31.07.24                         | 01.11.23-28.02.24                                                | 01.08.23-31.10.23<br>01.03.24-31.07.24 | 01.11.23-28.02.24 |
| 16:00 | 16:15 | frei                                                              | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Andreas Homberg | TV Büschergrund<br>Funsport<br>Michael Hillger | TV Büschergrund<br>Seniorenspport<br>Katharina Peter |                                                           | frei              | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Jonas Füllenbach | TV Büschergrund<br>Zumba-Kids und Tanzzwerge<br>Manuela Bubenzer |                                        |                   |
| 16:15 | 16:30 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 16:30 | 16:45 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 16:45 | 17:00 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 17:00 | 17:15 | TV Büschergrund<br>Rücken Fit<br>Birgitt Zander                   |                                                               | TV Büschergrund<br>Funsport<br>Michael Hillger | frei                                                 | TuS Alchen<br>Fußball<br>Rüdiger Harth,<br>Raimund Schulz | frei              | JSG Freudenberg-<br>Niederndorf<br>Fußball<br>Markus Reichow   | TV Büschergrund<br>Tanzmäuse<br>Manuela Bubenzer                 |                                        |                   |
| 17:15 | 17:30 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 17:30 | 17:45 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 17:45 | 18:00 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 18:00 | 18:15 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 18:15 | 18:30 | frei                                                              |                                                               | TV Büschergrund<br>Funsport<br>Michael Hillger | frei                                                 | TuS Alchen<br>Fußball<br>Rüdiger Harth,<br>Raimund Schulz | frei              | TV Büschergrund<br>Pilates<br>Birgitt Zander                   | TV Büschergrund<br>Flying Angels<br>Manuela Bubenzer             |                                        |                   |
| 18:30 | 18:45 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 18:45 | 19:00 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 19:00 | 19:15 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 19:15 | 19:30 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 19:30 | 19:45 | TV Büschergrund<br>Gesundheits- und Fitnesssport<br>Andrea Müller |                                                               | TV Büschergrund<br>Zumba<br>Nina Kreckel       | frei                                                 | TV Büschergrund<br>Skigymnastik<br>Andrea Müller          | frei              | TV Büschergrund<br>Step Aerobic<br>Birgitt Zander              | frei                                                             |                                        |                   |
| 19:45 | 20:00 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 20:00 | 20:15 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 20:15 | 20:30 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 20:30 | 20:45 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 20:45 | 21:00 | TV Büschergrund<br>Aerobic und Pilates<br>Annegret Meyer          |                                                               | TV Büschergrund<br>Pilates<br>Birgitt Zander   | frei                                                 | TuS Alchen<br>Fußball<br>Carsten Brodbek                  | frei              | TV Büschergrund<br>Tanzen<br>Paulina Weber                     | ev. Gemeinschaft<br>diverse Sportarten<br>Olaf Sauer             |                                        |                   |
| 21:00 | 21:15 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 21:15 | 21:30 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 21:30 | 21:45 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |
| 21:45 | 22:00 |                                                                   |                                                               |                                                |                                                      |                                                           |                   |                                                                |                                                                  |                                        |                   |