

Trainingsplan, gültig ab Oktober 2026

Abkürzung Räume: GS Großer Saal; KS Kleiner Saal; BR Ballettraum; KR Kommunikationsraum; BL Bad Lauchstädt

MO	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
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	1. Semester	2. Semester	3. Semester	4. Semester
GS		Breitensport	Freies Training TP Latein	TP Latein
KS		Beats	DanceArt	
BR		Tanzzwerg		
KR			Vermietung	

DI	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS	Freies Training TP Standard																	Estrellas Latinas/HCBL 1.9,6.10,17.11,15.12.											
KS	10:00	KS	11:30	Shiny Steps					Tanztreff					Dancing Diamonds ??															
BR	Solodance																				Fitness								
KR																													
BL																		HCBL											

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FR	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS	Freies Training TP Standard/Solo Std														TP Standard						Breitensport Freies Training								
KS	FitKids					Soluna/Shiny Steps				DanceArt				TP Discofox															
BR						Shiny Steps/Soluna								Solo Latein															
KR						Shiny Steps/Soluna																							

SA	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS																		LET'S DANCE		10.10., 14.11., 19.12.									
KS																													
BR																													
KR																													

SO	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
GS								Breitensport								Breitensport Discofox													
KS								Projekt							Sept.-Dez.		Projekt			Nov.-Dez.									
BR															Projekt			Solodance Okt.-Dez.											
KR																													