

# Belegung große Halle, ab 02. November 2026

| Zeit  | Montag                                                  | Dienstag                                                   | Mittwoch                                                  | Donnerstag                               | Freitag                                    | Samstag                                    | Sonntag |  |  |  |
|-------|---------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------|--------------------------------------------|--------------------------------------------|---------|--|--|--|
| 08:00 | Schulsport                                              | Schulsport                                                 | Schulsport                                                | Schulsport                               | Schulsport                                 |                                            |         |  |  |  |
| 08:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| .     |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| .     |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| .     |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| .     |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| .     |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| .     |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| .     |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 12:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 12:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 13:00 |                                                         | Grundschul-AG                                              |                                                           |                                          |                                            |                                            |         |  |  |  |
| 13:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 13:30 | Tennis<br>A. Protte<br>Tel.: 0151-14158969              |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 13:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 14:00 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 14:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 14:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 14:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 15:00 |                                                         |                                                            | Tennis<br>A. Protte<br>Tel.: 0151-14158969                |                                          | Tennis<br>A. Protte<br>Tel.: 0151-14158969 |                                            |         |  |  |  |
| 15:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 15:30 | Kindersport<br>Jonas Voß und Kim Anestin<br>Jungewelter | Kindersport 7-10 Jahre<br>Jonas Voß<br>Tel.: 0151-28870179 |                                                           |                                          |                                            |                                            |         |  |  |  |
| 15:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 16:00 |                                                         |                                                            |                                                           |                                          |                                            | Tennis<br>A. Protte<br>Tel.: 0151-14158969 |         |  |  |  |
| 16:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 16:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 16:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 17:00 |                                                         | Badminton Jugend<br>T. Fischbach<br>Tel: 0176 47790249     | Damen Senioren<br>Barbara Wecker                          |                                          | Badminton Junioren<br>T. Fischbach         |                                            |         |  |  |  |
| 17:15 | Fussball Junioren<br>F. Peterburs                       |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 17:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 17:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 18:00 | Badminton Senioren<br>Fussball Junioren (Winter)        | Badminton Senioren<br>T. Fischbach<br>Tel: 0176 47790249   | Fussball Junioren<br>F. Peterburs                         | Badminton Schüler/Jugend<br>T. Fischbach |                                            |                                            |         |  |  |  |
| 18:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 18:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 18:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 19:00 | Badminton Senioren<br>T. Fischbach                      | Badminton Senioren<br>T. Fischbach<br>Tel: 0176 47790249   | Athletik Traning Ralf Sedat<br>Fussball Senioren (Winter) | Badminton Senioren<br>T. Fischbach       | Badminton Senioren & Hobby<br>T. Fischbach |                                            |         |  |  |  |
| 19:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 19:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 19:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 20:00 |                                                         | Badminton Senioren<br>T. Fischbach                         | Männersport<br>Antonius Brökelmann<br>Tel: 0160-95951700  |                                          | Athletik Training<br>Ralf Sedat            | Fussball Hobby<br>Bernhard Sprick          |         |  |  |  |
| 20:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 20:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 20:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 21:00 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 21:15 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 21:30 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |
| 21:45 |                                                         |                                                            |                                                           |                                          |                                            |                                            |         |  |  |  |

**Legende**

Regelangebot SCO

im Winter SCO

nicht SCO

## Legende

Regelangebot SCO

im Winter SCO

nicht SCO

**Belegung kleine Halle, ab 02. November 2026**

| Zeit  | Montag                                                   | Dienstag                                               | Mittwoch                                                              | Donnerstag                                         | Freitag                           | Samstag                                                             | Sonntag |  |
|-------|----------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------|-----------------------------------|---------------------------------------------------------------------|---------|--|
| 08:00 | Schulsport                                               | Schulsport                                             | Schulsport                                                            | Schulsport                                         | Schulsport                        | Voltis /<br>Breitensport<br>Kindergeburtstag<br>(10:00 - 17:30 Uhr) |         |  |
| 08:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| .     |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
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| 12:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 12:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 13:00 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 13:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 13:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 13:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 14:00 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 14:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 14:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 14:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 15:00 | Rehasport<br>Fr. Wollförster<br>Tel.: 0170-1535061       |                                                        | Eltern & Kind ab 2 Jahren<br>Yvonne Frensemeier<br>Tel.: 0160-8337322 |                                                    | Tennis                            |                                                                     |         |  |
| 15:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 15:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 15:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 16:00 | Fussball Junioren<br>F. Peterburs                        | Fussball Junioren<br>F. Peterburs                      | Eltern & Kind ab 2 Jahren<br>Yvonne Frensemeier<br>Tel.: 0160-8337322 | Kindersport 5 & 6 Jahre<br>Kim-Anestin Jungewelter |                                   |                                                                     |         |  |
| 16:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 16:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 16:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 17:00 | Fussball Junioren<br>F. Peterburs                        | Basketball U10<br>Gregor Czucha<br>Tel.: 0157-88088012 | DivoLos<br>Lena Rehkämper<br>Tel.: 0160-8016344                       | Fussball Junioren<br>F. Peterburs                  | Tischtennis<br>Michael Brautmeier |                                                                     |         |  |
| 17:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 17:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 17:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 18:00 | Diwos<br>Gaby Sprenger<br>Tel: 0171-2319656              | Rückenfit<br>Gaby Sprenger<br>Tel: 54915               | Step Areobic<br>Monika Gröpper Lahme<br>Tel.: 54413                   | Diwos<br>Gaby Sprenger<br>Tel.: 0171-2319656       |                                   |                                                                     |         |  |
| 18:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 18:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 18:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 19:00 | Tischtennis<br>Michael Brautmeier<br>Tel.: 0151-46652021 | Volleyball Damen<br>Bettina Langguth                   | Volleyball Herren<br>Hans-Josef Lummer                                | Fussball Senioren<br>F. Peterburs                  |                                   |                                                                     |         |  |
| 19:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 19:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 19:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 20:00 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 20:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 20:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 20:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 21:00 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 21:15 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 21:30 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |
| 21:45 |                                                          |                                                        |                                                                       |                                                    |                                   |                                                                     |         |  |

## Belegung Gymnastikraum, ab 02. November 2026

| Zeit  | Montag                                                                        | Dienstag                                                | Mittwoch                                                   | Donnerstag                                                        | Freitag                                         | Samstag |
|-------|-------------------------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------|---------|
| 08:00 |                                                                               | Yoga<br>Helena Gnaase<br>Tel.: 0176-81465590            | Pilates Fortgeschr.<br>Claudia Hansjürgens<br>Tel.: 938601 | Pilates Fortgeschr.<br>C. Hansjürgens<br>Tel.: 938601             | Kath. Grundschule Ostenland                     |         |
| 08:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 08:30 | Sanfte Wirbelsäulengymnastik<br>Teresa Bolte<br>Tel.: 0175-3606517            |                                                         |                                                            |                                                                   |                                                 |         |
| 08:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 09:00 |                                                                               | Pilates Anfänger<br>Claudia Hansjürgens<br>Tel.: 938601 | Fit in den Tag<br>Claudia Hansjürgens<br>Tel.: 938601      |                                                                   |                                                 |         |
| 09:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 09:30 | Sanfte Wirbelsäulengymnastik<br>Teresa Bolte                                  |                                                         |                                                            |                                                                   |                                                 |         |
| 09:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 10:00 | kath. Familienzentrum                                                         |                                                         | kath. Familienzentrum                                      |                                                                   |                                                 |         |
| 10:15 |                                                                               |                                                         |                                                            | Eltern & Kind 1-2 Jahre<br>Angelina Wüseke<br>Carolin Hollenhorst |                                                 |         |
| 10:30 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 10:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 11:00 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 11:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 11:30 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 11:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
|       | dazwischen keine Belegung                                                     |                                                         |                                                            |                                                                   |                                                 |         |
| 15:00 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 15:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 15:30 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 15:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 16:00 | Mini Diwolinis<br>M.Bee-Niggemeier<br>Tel.: 0152-08689459                     | Yoga<br>Helena Gnaase<br>Tel.: 0176-81465590            |                                                            | Kindertanz 3-4 Jahre (KV)<br>Annika Meier                         | Diwoles<br>Lena Rehkämper<br>Tel.: 0151-8016344 |         |
| 16:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 16:30 |                                                                               | Kindertanz Konfetti (KV)<br>Wigge / Merschmann          | Tanzsternchen (KV)<br>J.Leifeld                            | Bodyworkout<br>C. Kothe-Becker<br>Tel.: 935793                    | Breitensport                                    |         |
| 16:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 17:00 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 17:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 17:30 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 17:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 18:00 | fit und beweglich<br>M.Gröpper-Lahme<br>S.Höwekenmeier<br>Tel.: 0176 32827273 |                                                         | Minigarde (KV)<br>Vanessa Merschmann<br>Natalie Wiesing    | Voltis<br>Christina Ramsel                                        | Voltis<br>Christina Ramsel                      |         |
| 18:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 18:30 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 18:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 19:00 | Diwos<br>G. Sprenger<br>Tel.: 0171-2319656                                    | Solomariechen (KV)<br>Marie Hansjürgens                 | Bauch-Beine-Po<br>C. Kothe-Becker<br>Tel.: 935793          | Prinzengarde (KV)<br>Sabina Nagatis                               |                                                 |         |
| 19:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 19:30 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 19:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 20:00 |                                                                               |                                                         | Männerballett (KV)<br>Katharina Hempel                     |                                                                   |                                                 |         |
| 20:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 20:30 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 20:45 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 21:00 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |
| 21:15 |                                                                               |                                                         |                                                            |                                                                   |                                                 |         |

## Belegung Nebenhalle, ab 02. November 2026

| Zeit  | Montag                    | Dienstag | Mittwoch                                            | Donnerstag                                                  | Freitag | Samstag |
|-------|---------------------------|----------|-----------------------------------------------------|-------------------------------------------------------------|---------|---------|
| 08:00 |                           |          |                                                     |                                                             |         |         |
| 08:15 |                           |          |                                                     |                                                             |         |         |
| 08:30 |                           |          |                                                     |                                                             |         |         |
| 08:45 |                           |          |                                                     |                                                             |         |         |
| 09:00 |                           |          |                                                     |                                                             |         |         |
| 09:15 |                           |          |                                                     |                                                             |         |         |
| 09:30 |                           |          |                                                     |                                                             |         |         |
| 09:45 |                           |          |                                                     |                                                             |         |         |
| 10:00 |                           |          |                                                     |                                                             |         |         |
| 10:15 |                           |          |                                                     |                                                             |         |         |
| 10:30 |                           |          |                                                     |                                                             |         |         |
| 10:45 |                           |          |                                                     |                                                             |         |         |
| 11:00 |                           |          |                                                     |                                                             |         |         |
| 11:15 |                           |          |                                                     |                                                             |         |         |
| 11:30 |                           |          |                                                     |                                                             |         |         |
| 11:45 |                           |          |                                                     |                                                             |         |         |
| 12:00 |                           |          |                                                     |                                                             |         |         |
| 12:15 |                           |          |                                                     |                                                             |         |         |
|       | dazwischen keine Belegung |          |                                                     |                                                             |         |         |
| 15:00 |                           |          |                                                     |                                                             |         |         |
| 15:15 |                           |          |                                                     |                                                             |         |         |
| 15:30 |                           |          |                                                     |                                                             |         |         |
| 15:45 |                           |          |                                                     |                                                             |         |         |
| 16:00 |                           |          |                                                     |                                                             |         |         |
| 16:15 |                           |          |                                                     |                                                             |         |         |
| 16:30 |                           |          |                                                     |                                                             |         |         |
| 16:45 |                           |          |                                                     |                                                             |         |         |
| 17:00 |                           |          | Gymnastik Ü 60<br>C. Kothe Becker<br>Tel.: 935793   | Bodyworkout<br>C. Kothe-Becker<br>Tel.: 935793              |         |         |
| 17:15 |                           |          |                                                     |                                                             |         |         |
| 17:30 |                           |          |                                                     |                                                             |         |         |
| 17:45 |                           |          |                                                     |                                                             |         |         |
| 18:00 |                           |          | Aerobic Fatburner<br>C.Kothe Becker<br>Tel.: 935793 |                                                             |         |         |
| 18:15 |                           |          |                                                     | Fußgymnastik (online)<br>C. Kothe-Becker<br>Tel.: 935793    |         |         |
| 18:30 |                           |          |                                                     |                                                             |         |         |
| 18:45 |                           |          |                                                     |                                                             |         |         |
| 19:00 |                           |          | BBP<br>C. Kothe-Becker<br>Tel.: 935793              | Stretch & Relax (online)<br>C. Kothe-Becker<br>Tel.: 935793 |         |         |
| 19:15 |                           |          |                                                     |                                                             |         |         |
| 19:30 |                           |          |                                                     |                                                             |         |         |
| 19:45 |                           |          |                                                     |                                                             |         |         |
| 20:00 |                           |          |                                                     |                                                             |         |         |
| 20:15 |                           |          |                                                     |                                                             |         |         |
| 20:30 |                           |          |                                                     |                                                             |         |         |
| 20:45 |                           |          |                                                     |                                                             |         |         |
| 21:00 |                           |          |                                                     |                                                             |         |         |
| 21:15 |                           |          |                                                     |                                                             |         |         |