# Sportangebot

## für Erwachsene

**Geschäftsstelle**
Waldingsstraße 91, 22391 Hamburg
(Zufahrt über Straße Am Pfeilshof),
Tel. 040 / 640 11 14 Fax 640 82 82
Mo, Mi, Do 9 - 12 Uhr
und Do 15 - 18 Uhr
www.tscwellingsbuettel.de

| | Tag | Zeiten | Sportart | Ort |
|---|---|---|---|---|
| **Aerobic** | **Mo** | 18:45 - 19:45 | **Step-Aerobic** | TSC Arena |
| | | 20:00 - 21:00 | **Aerobic** | TSC Arena |
| | **Mi** | 20:00 - 21:30 | **Body-Fit** | TSC Arena |
| | **So** | 18:15 - 19:45 | **Kick-Fit** | TSC Arena |
| **Aqua** | **Mi** | 11:30 - 12:15 | **Wassergymnastik** | Heegbarg |
| | | 12:15 - 13:00 | **Wassergymnastik** | Heegbarg |
| | | 13:00 - 13:45 | **Wassergymnastik** | Heegbarg |
| | **Do** | 20:00 - 21:00 | **Wassergymnastik** | Heegbarg |
| | **Fr** | 09:00 - 10:00 | **Wassergymnastik** | Saselkoppel 22 |
| **Asthmasport** | **Mo** | 15:30 - 16:30 | **Asthmasport** | Strenge MZR |
| | | 16:45 - 17:45 | **Asthmasport** | Strenge MZR |
| | **Mi** | 17:00 - 18:00 | **Asthmasport** | Strenge MZR |
| **Badminton** | **Mo** | 20:00 - 22:00 | **Bm Erwachsene** | Karlshöhe |
| | **Di** | 19:00 - 21:00 | **Bm Erwachsene** | Swebenhöhe |
| | **Do** | 19:00 - 20:30 | **Bm Erwachsene** | Hasenweg |
| | | 20:30 - 22:00 | **Bm Erwachsene** | Hasenweg |
| **BBP** | **Mo** | 09:30 - 10:30 | **BBRP** | TSC Arena |
| | **Di** | 17:45 - 18:45 | **BBRP** | TSC Arena |
| | | 19:00 - 20:00 | **BBRP** | TSC Arena |
| | **Mi** | 18:30 - 19:30 | **BBRP** | Strenge MZR |
| | **Fr** | 09:30 - 10:30 | **BBRP** | TSC Arena |
| | | 18:00 - 19:00 | **BBP** | TSC Arena |
| **Fitness** | **Mo** | 19:00 - 20:00 | **Fitnessgymnastik** | Strenge |
| | | 20:00 - 21:00 | **Fitnessgymnastik** | Strenge |
| | **Di** | 19:30 - 20:30 | **Ski-/ Sommergymnastik** | ISS 2-Feld-Halle, Feld 1 |
| | | 20:30 - 21:30 | **Fitnessgymnastik/ Prellball** | Strenge |
| | | 20:30 - 21:30 | **Ski-/ Sommergymnastik** | ISS 2-Feld-Halle, Feld 1 |
| **Floorball** | **So** | 10:30 - 12:00 | **Fl ab 11 J + Erwachsene** | ISS 2-Feld-Halle, Feld 1 |
| **Freizeit** | **Mo** | 19:00 - 20:30 | **Freizeitsport/ Faustball** | ISS 2-Feld-Halle, Feld 1 |
| | | 20:30 - 22:00 | **Freizeit-Volleyball Damen** | Grootmoor |
| | **Di** | 20:15 - 21:45 | **Freizeitsport/ Volleyball** | Hasenweg |
| | **Mi** | 20:00 - 22:00 | **Freizeit-Volleyball** | ISS 2-Feld-Halle, Feld 1 |
| | **Fr** | 20:00 - 21:30 | **Freizeitsport** | ISS alt |
| | | 20:00 - 22:00 | **Freizeitsport** | ISS 2-Feld-Halle, Feld 1 |
| | **So** | 10:00 - 12:00 | **Freizeit-Volleyball** | Strenge |
| **Fußball** | **Do** | 20:30 - 21:45 | **Fußball-Senioren** | ISS alt |
| **Gymnastik** | **Mo** | 11:15 - 12:15 | **50 Plus** | TSC Arena |
| | **Di** | 09:00 - 10:00 | **Fit in den Morgen** | TSC Arena |
| | | 10:15 - 11:15 | **50 Plus** | TSC Arena |
| | | 19:30 - 20:30 | **Gymnastik** | Strenge |
| | | 20:00 - 21:30 | **Sie und Er** | TSC Clubhaus |
| | | 20:30 - 22:00 | **Fitmix ab 40** | ISS alt |
| | **Mi** | 08:30 - 09:30 | **Frühgymnastik** | TSC Arena |

| | | | | |
|---|---|---|---|---|
| | | 09:30 - 10:30 | **Frühgymnastik** | TSC Arena |
| | | 19:30 - 20:30 | **Bodypower** | Strenge MZR |
| | **Do** | 19:00 - 20:00 | **50 Plus** | ISS alt |
| | | 19:30 - 20:30 | **Fit for Fun** | TSC Clubhaus |
| **Handball** | **Di** | 20:00 - 21:30 | **Handball Damen** | Grootmoor |
| | **Mi** | 20:00 - 21:30 | **Handball Herren** | Grootmoor |
| **Herzsport** | **Di** | 17:00 - 18:00 | **Herzsport bis 75 W** | Hasenweg |
| | | 18:00 - 19:00 | **Herzsport bis 75 W** | Hasenweg |
| | | 19:00 - 20:00 | **Herzsport ab 75 W** | Hasenweg |
| **Judo** | **Mo** | 18:30 - 19:45 | **Judo ab U14 Wettkampftraining** | ISS alt |
| | **Fr** | 18:45 - 20:00 | **Judo Breitensport** | ISS alt |
| **Kali** | **Di** | 20:00 - 21:30 | **Kali** | TSC Arena |
| | **Do** | 20:30 - 22:00 | **Kali** | Strenge MZR |
| **Laufen** | **Mo** | 17:00 - 00:00 | **Sportabzeichen Mai-Sep** | |
| | **Di** | 08:30 - 09:30 | **Power-Walking** | TSC Clubhaus |
| | **Do** | 09:15 - 10:15 | **Soft-Walking** | TSC Clubhaus |
| | | 10:00 - 11:00 | **Nordic-Walking** | |
| **Osteoporose** | **Mo** | 11:00 - 12:00 | **Osteoporosesport** | TSC Clubhaus |
| | | 18:00 - 19:00 | **Osteoporosesport** | Strenge MZR |
| **Pilates** | **Mo** | 19:00 - 20:00 | **Pilates** | TSC Clubhaus |
| | | 20:00 - 21:00 | **Pilates** | TSC Clubhaus |
| | **Di** | 11:30 - 12:30 | **Pilates** | TSC Arena |
| | **Fr** | 08:30 - 09:30 | **Pilates** | TSC Arena |
| | | 19:00 - 20:00 | **Pilates** | TSC Arena |
| **Qigong** | **Di** | 17:45 - 18:45 | **Qigong** | TSC Clubhaus |
| | **Mi** | 09:15 - 10:45 | **Qigong** | TSC Clubhaus |
| | | 11:00 - 12:30 | **Qigong** | TSC Clubhaus |
| **Rücken** | **Mo** | 16:30 - 17:30 | **Wirbelsäulengymnastik** | TSC Arena |
| | | 17:30 - 18:30 | **Wirbelsäulengymnastik** | TSC Arena |
| | | 19:15 - 20:15 | **Wirbelsäulengymnastik** | Strenge MZR |
| | **Di** | 19:00 - 20:00 | **Wirbelsäulengymnastik** | TSC Clubhaus |
| | **Do** | 08:45 - 09:45 | **Wirbelsäulengymnastik** | TSC Arena |
| | | 10:00 - 11:00 | **Wirbelsäulengymnastik** | TSC Arena |
| | | 11:00 - 12:00 | **Wirbelsäulengymnastik** | TSC Arena |
| | | 18:00 - 19:00 | **Wirbelsäulengymnastik** | TSC Arena |
| | | 19:00 - 20:00 | **Wirbelsäulengymnastik** | TSC Arena |
| | **Fr** | 10:15 - 11:15 | **Wirbelsäulengymnastik** | TSC Clubhaus |
| **Senioren** | **Mo** | 10:00 - 11:00 | **Seniorensport/ Sitzgymnastik** | TSC Clubhaus |
| | **Mi** | 15:00 - 16:00 | **Seniorensport** | Strenge MZR |
| | | 15:00 - 16:30 | **Seniorensport** | Hinsbleek |
| **Taekwondo** | **Mo** | 18:00 - 19:00 | **Tw Training für alle ab 8 Jahre** | TSC Clubhaus |
| | **Mi** | 17:00 - 18:30 | **Tw Anfänger** | TSC Arena |
| | | 18:30 - 20:00 | **Tw Forteschrittene ab 16 Jahre** | TSC Arena |
| | **Fr** | 17:00 - 18:30 | **Tw Techniktraining** | TSC Clubhaus |
| | | 18:30 - 20:00 | **Tw Sparring** | TSC Clubhaus |
| | **Sa** | 11:00 - 13:00 | **Wettkampf + Konditionstraining** | ISS alt |
| **Tanzen** | **Do** | 19:00 - 20:30 | **Tanzen** | Strenge MZR |
| | **Fr** | 18:30 - 19:30 | **Tanzkreis Junge Erwachsene** | Strenge MZR |
| | | 19:45 - 21:45 | **Offener Tanzkreis** | Strenge MZR |
| **Tischtennis** | **Mi** | 19:00 - 22:00 | **Tt Erwachsene** | Strenge |
| | **Fr** | 19:00 - 22:00 | **Tt Erwachsene** | Strenge |
| **Volleyball** | **Mo** | 19:30 - 21:30 | **Vb Volleyball** | Grootmoor |
| | **Mi** | 20:00 - 22:00 | **Vb Mixed / Dauerwelle** | ISS alt |
| | **Do** | 20:00 - 22:00 | **Vb Mixed / Donnerschlag** | ISS 2-Feld-Halle, Feld 1 |
| **Yoga** | **Di** | 11:00 - 12:30 | **Yoga** | TSC Clubhaus |
| | | 16:30 - 18:00 | **Yoga** | Strenge MZR |
| | | 18:00 - 19:30 | **Yoga** | Strenge MZR |
| | **Mi** | 10:45 - 12:15 | **Yoga** | TSC Arena |

| | | | | |
|---|---|---|---|---|
| | | 18:30 - 20:00 | **Yoga** | TSC Clubhaus |
| | **Do** | 09:00 - 10:30 | **Senioren-Yoga** | TSC Clubhaus |
| | | 20:00 - 21:30 | **Yoga** | TSC Arena |