



# KURSPLAN UNISPORT SOMMER 2017

|       |                             | Montag                         |                            |  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  |       |
|-------|-----------------------------|--------------------------------|----------------------------|--|---------------------------------------|-------------------------------|----------------------------|---------------------|-----------------------------|--------------------|--------------------------------|----------------------|--------------------------|------------|------------|------------------|---------------------|-------------|--------------------|------------------|---------------------------------------|--|-------|
| Ort   | Halle                       |                                |                            |  |                                       | Treffpunkt Eingang Sporthalle | Campusletics Station 3     | Freianlage          |                             |                    |                                |                      | Externe Sportstätten     |            |            |                  |                     | Ort         |                    |                  |                                       |  |       |
| Zeit  | Teil I                      | Teil II                        | Teil III                   | Gymnastikraum                                    | Bespr.-Raum                           |                               |                            | Hartplatz 1         | Platz B                     | Hartplatz 2        | Beachvolley                    | Stadion              | B 48/R 268               | B 42/R 105 | B 01/R 019 | Kunstrasen TSG   | HHG Judo-Halle      | HHG Halle 1 | HHG Halle 2 (Bad.) | Eisenbahnstr. 25 | Monte Mare                            | Zeit   |       |
| 8:00  | Kindergarten                | HHG Schulsport                 | HHG Schulsport             |  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 8:00  |
| 9:00  |                             |                                |                            |  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 9:00  |
| 10:00 |                             |                                |                            |  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 10:00 |
| 11:00 |                             |                                |                            |  |                                       |                               |                            |                     |                             |                    |                                |                      | GK Fußball (A) Beckfisch |            |            |                  |                     |             |                    |                  |                                       |  | 11:00 |
| 12:00 | GK Handball Zangerl         |                                |                            |  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 12:00 |
| 13:00 |                             |                                |                            |  |                                       |                               |                            |                     |                             |                    | Spielgruppe Schulten           |                      | GK Fußball (B) Becker    |            |            |                  |                     |             |                    |                  |                                       |  | 13:00 |
| 14:00 |                             |                                |                            | GK Outdoorsport/ Erlebnispädagogik Redick/Thomas |                                       |                               |                            |                     |                             |                    | Spielgruppe Schöpfenhau        |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 14:00 |
| 15:00 | Aufbau                      |                                |                            |  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 15:00 |
| 16:00 | Kinderturnen 4-6 Jahre      | Aufbau                         | Zwergenturnen 0-2 Jahre    | Senioren-sport Thomas                            |                                       |                               |                            |                     |                             |                    |                                | Spielgruppe Neubrech |                          |            |            |                  |                     |             |                    |                  |                                       |  | 16:00 |
| 17:00 | Schulkind-turnen 6-10 Jahre | Eltern- Kind- Turnen 2-4 Jahre |                            | Reinigung  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 17:00 |
| 18:00 | Headis Marcus               | Floorball Alex                 | Gerättturnen Nicole/Andrea | Yoga/Hatha Trad. Vidya Susanne                   |                                       |                               | Mountain-Biking Einsteiger | Spielgruppe Hofmann |                             | Spielgruppe Deepak | Spielgruppe Tramarin           |                      | Fußball Mitarbeiter FBK  |            |            |                  |                     |             |                    |                  |                                       |  | 18:00 |
| 19:00 | Bodyforming Thomas          |                                |                            | Okinawa-Kenpo Marwin                             |                                       |                               |                            |                     |                             | Spielgruppe Fandel | Spielgruppe Schmidt            |                      |                          |            |            | Tanzen LF1-Kurs  |                     |             |                    |                  | Meditation Zen-Sitzen in Stille Edith | freies Schwimmen für Studierende & Bedienstete | 19:00 |
| 20:00 | Fitnessstraining Mathias    |                                | Acro Yoga Fortgeschrittene | Forró Fortgeschrittene                           |                                       |                               | Campusletics für alle      |                     | Softball/ Baseball für alle |                    |                                | Spielgruppe Karger   |                          |            |            | Meditation Edith | debatting Wortsport |             |                    |                  |                                       |  | 20:00 |
| 21:00 | Handball Sebastian          |                                |                            | Acro Yoga Anfänger                               | E-Sports League of Legends Simon/Marc |                               |                            | Spielgruppe Heise   |                             |                    | Beachvolleyball Anfänger Malte |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 21:00 |
| 22:00 |                             |                                |                            | Aufbau   |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 22:00 |
| 23:00 |                             |                                |                            |  |                                       |                               |                            |                     |                             |                    |                                |                      |                          |            |            |                  |                     |             |                    |                  |                                       |  | 23:00 |





# KURSPLAN UNISPORT SOMMER 2017

## Dienstag

| Ort   | Halle   |                     |                          |   |             | Treffpunkt Eingang Sporthalle | Campusletcis Station 3 | Freianlage  |         |             |              |         | Sportstätten TU |           |                | Externe Sportstätten |                |                |                    | Ort |      |       |
|-------|---|---------------------|--------------------------|---|-------------|-------------------------------|------------------------|-------------|---------|-------------|--------------|---------|-----------------|-----------|----------------|----------------------|----------------|----------------|--------------------|-----|------|-------|
|       | Teil I  | Teil II             | Teil III                 | Gymnastikraum   | Bespr.-Raum |                               |                        | Hartplatz 1 | Platz B | Hartplatz 2 | Beachvolley. | Stadion | B 01/R 019      | Kramladen | Luitpoldschule | HHG Halle 1          | HHG Judo-Halle | TSG Fechthalle | Fischerrück Schule |     |      |       |
| 8:00  |   |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     | 8:00 |       |
| 9:00  |   |                     | HHG Schulsport           |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 9:00  |
| 10:00 | GK Leichtathletik (A) Reidick                           |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 10:00 |
| 11:00 |   |                     |                          | S Geistes-, Sozial- und Naturw. Forschung im Sport Fröhlich |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 11:00 |
| 12:00 | GK Leichtathletik (B) Reidick                           |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 12:00 |
| 13:00 |   |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 13:00 |
| 14:00 | GK Kleine Spiele/ integrative Sportspielvermittlung Erb |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 14:00 |
| 15:00 | Badminton freies Spielen Marc                           |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 15:00 |
| 16:00 |   |                     |                          | Senioren-sport Thomas                                       |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 16:00 |
| 17:00 |   |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 17:00 |
| 18:00 | Bodyform. Thomas  | Volleyball Anfänger |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 18:00 |
| 19:00 | Konditionstraining Johanna/Lena                         |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 19:00 |
| 20:00 | Rock'n'Roll Wolfgang                                    | Karate Michael      | Brazilian Jiu Jitsu René |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 20:00 |
| 21:00 | Inline Hockey Sergej                                    |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 21:00 |
| 22:00 |   |                     |                          |   |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 22:00 |
| 23:00 |   |                     |                          | Aufbau  |             |                               |                        |             |         |             |              |         |                 |           |                |                      |                |                |                    |     |      | 23:00 |





# KURSPLAN UNISPORT SOMMER 2017

| Mittwoch    |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             |                     |
|-------------|------------------------------------|---------------------|---|---|-------------------------------------|---------------------------------------|-------------|---------|-------------|-------------|-------------|---------|----------|----------------------|------------|-------------------|-----------------------|--------------|-----------------|----------------|-------------|---------------------|
| Ort<br>Zeit | Halle                              |                     |   |   | Treffpunkt<br>Eingang<br>Sporthalle | Campusletics<br>Station 3             | Freianlage  |         |             |             |             |         |          | Externe Sportstätten |            |                   |                       |              |                 |                | Ort<br>Zeit |                     |
|             | Teil I                             | Teil II             | Teil III                                    | Gymnastikraum                               |                                     |                                       | Hartplatz 1 | Platz B | Hartplatz 2 | Beachvolley | Inlinerbahn | Stadion | Laufbahn | B 01/R 019           | B 48/R 582 | HHG<br>Judo-Halle | HHG<br>Halle 2 (Bad.) | Goetheschule | Barbarossahalle | HHG<br>Halle 1 |             | Schwimm-<br>bad SZS |
| 8:00        |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 8:00                |
| 9:00        | WPK Trampolin<br>Neuburger         |                     | SPK Fußball<br>Zart                         | SPK Fußball<br>Zart                         |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 9:00                |
| 10:00       |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 10:00               |
| 11:00       | GK Fitness im Schulsport<br>Berger |                     | WPK<br>Wasserspringen<br>Neuburger          | SPK Fußball<br>Zart                         |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 11:00               |
| 12:00       | HHG<br>Schulsport                  |                     | GK Gerätturnen<br>Eichhorn                  |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 12:00               |
| 13:00       |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 13:00               |
| 14:00       |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 14:00               |
| 15:00       |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 15:00               |
| 16:00       |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 16:00               |
| 17:00       | Jeet Kune Do<br>Patrick            |                     | Gesund und Fit<br>funktionell<br>trainieren | Spielgruppe<br>Lorenz                       |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 17:00               |
| 18:00       | Tischtennis<br>Markus              | Floorball<br>Markus | Capoeira<br>Cristiano                       | Yoga / Hatha I<br>Trad. Jwenger<br>Doris    | Trailrunning<br>Johannes            | Mountain-Biking<br>Technikspielgruppe |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 18:00               |
| 19:00       |                                    |                     | Fitness für<br>Frauen<br>Verena             | Okinawa-Kenpo<br>Fortgeschrittene<br>Marwin |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 19:00               |
| 20:00       | Bodyforming<br>Thomas              |                     | Fitnesstraining<br>Alex                     |   |                                     | Callithenics<br>Basic                 |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 20:00               |
| 21:00       | Headis<br>Marcus                   |                     | Basketball<br>WKM<br>Nilay                  | Okinawa-Kenpo<br>Dan-Träger<br>Marwin       |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 21:00               |
| 22:00       |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 22:00               |
| 23:00       |                                    |                     |   |   |                                     |                                       |             |         |             |             |             |         |          |                      |            |                   |                       |              |                 |                |             | 23:00               |





# KURSPLAN UNISPORT SOMMER 2017

|     |       | Donnerstag                            |  |                                   |  |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      |       |
|-----|-------|---------------------------------------|--|-----------------------------------|--|-------------------------------------|-----------------------------------|--------------------------------|--------------|----------------------|-------------|-------------------|----------------------------|---------------------|---|-----------------------|-----------------------|----------------------------------|---|---------------------------------|------|-------|
| Ort | Zeit  | Halle                                 |  |                                   |  | Treffpunkt<br>Eingang<br>Sporthalle | Campusletics<br>Station 3         | Freianlage                     |              |                      |             |                   | Sportsstätten TU           |                     |   | Externe Sportstätten  |                       |                                  |   | Ort                             | Zeit |       |
|     |       | Teil I                                | Teil II  | Teil III                          | Gymnastikraum  |                                     |                                   | Hartplatz 1                    | Platz B      | Hartplatz 2          | Beachvolley | Stadion           | B 01/R 019                 | B 48/R 582          | Mensa   | HHG<br>Halle 1        | Fischerrück<br>Schule | TSG Fechthalle                   | Schwimmbad SZS                          |                                 |      |       |
|     | 8:00  | GK Volleyball<br>Pasel                |  | HHG<br>Schulsport                 | S Bewegungs- und<br>Trainingswissens-<br>chaft<br>Zart |                                     |                                   |                                |              |                      |             | HHG<br>Schulsport |                            |                     |   |                       |                       |                                  |   |                                 |      | 8:00  |
|     | 9:00  |                                       |  |                                   |  |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      |       |
|     | 10:00 | GK Fitness im Schulsport<br>Pasel     |  |                                   | WPK<br>Ernährungslehre<br>Zart                         |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 10:00 |
|     | 11:00 |                                       |  |                                   |  |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 11:00 |
|     | 12:00 | SPK Basketball (Teil 1)<br>Christmann |  |                                   |  |                                     |                                   |                                |              |                      |             | Platzpflege       |                            |                     |   |                       |                       |                                  |   |                                 |      | 12:00 |
|     | 13:00 |                                       |  |                                   |  |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 13:00 |
|     | 14:00 | SPK Basketball (Teil 2)<br>Christmann |  |                                   |  |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 14:00 |
|     | 15:00 | Senioren-<br>Sport<br>Thomas          |  | Trampolin<br>Anni/Tajana          |  |                                     |                                   |                                |              |                      | BEACHLIGA   |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 15:00 |
|     | 16:00 | Fitnessstraining<br>Lena              |  | Spiel-<br>gemeinschaft<br>Güllich | Reinigung  |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      |       |
|     | 17:00 |                                       |  |                                   | Boxen<br>Boxtreff<br>Wilhelm                           |                                     |                                   |                                | Freiluftkurs |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 17:00 |
|     | 18:00 | Zirkeltrain.<br>Verena/Dennis         | Basketball<br>allgemeine Übungsstunde<br>Nilay |                                   |  |                                     |                                   |                                |              | Spielgruppe<br>Appel |             | Freiluftkurs      |                            |                     | Irish Dance<br>Einsteiger und<br>Fortgeschrittene |                       |                       |                                  |   |                                 |      | 18:00 |
|     | 19:00 | Bodyforming<br>Thomas                 |  |                                   | Spielgruppe<br>Machno                                  |                                     |                                   |                                |              | Spielgruppe<br>Igaba |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 19:00 |
|     | 20:00 |                                       |  |                                   | Tai Chi<br>Emanuel                                     | Mountainbiking<br>Fortgeschrittene  | Callisthenics<br>Fortgeschrittene |                                |              |                      |             |                   | Tanzen<br>Latein-formation | Schach<br>Larissa   |   |                       |                       | Silat Kung Fu<br>Christian       |   |                                 |      | 20:00 |
|     | 21:00 | Aikido<br>Oliver                      | Jonglieren<br>Aaron                            | Geräturnen<br>Nicole/Andrea       | Karate<br>Michael                                      |                                     |                                   | Muusi.<br>Stud. Gruppe<br>Maik |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 21:00 |
|     | 22:00 | Volleyball<br>freies spielen<br>Oil   |  | Parkour<br>Philipp                |  |                                     |                                   |                                |              |                      |             |                   |                            | Brettspiele<br>Sven |   | Roller derby<br>Fanny |                       | Fechten<br>Anfänger-<br>Workshop | Triathlon<br>Schwimmtraining<br>Michael | freies<br>Schwimmen<br>für alle |      | 22:00 |
|     | 23:00 |                                       |  |                                   | Aufbau   |                                     |                                   |                                |              |                      |             |                   |                            |                     |   |                       |                       |                                  |   |                                 |      | 23:00 |





# KURSPLAN UNISPORT SOMMER 2017

| Freitag     |  |                   |                   |                                   |                           |             |         |                       |                        |         |                 |  |   |   |               |                             |       |
|-------------|--|-------------------|-------------------|-----------------------------------|---------------------------|-------------|---------|-----------------------|------------------------|---------|-----------------|--|---|---|---------------|-----------------------------|-------|
| Ort<br>Zeit | Halle  |                   |                   |                                   | Campusletics<br>Station 3 | Freianlage  |         |                       |                        |         | Sportstätten TU |  |   | Externe Sportstätten  |               | Ort<br>Zeit                 |       |
|             | Teil I   | Teil II           | Teil III          | Gymnastikraum                     |                           | Hartplatz 1 | Platz B | Hartplatz 2           | Beachvolley            | Stadion | B 01/R 019      |  |   | HHG Halle I   | Fischerrücks. |                             |       |
| 8:00        | HHG<br>Schulsport                                    | HHG<br>Schulsport | HHG<br>Schulsport |                                   |                           |             |         |                       |                        |         |                 |  |   |   |               |                             | 8:00  |
| 9:00        |  |                   |                   |                                   |                           |             |         |                       |                        |         |                 |  |   |   |               |                             | 9:00  |
| 10:00       |  |                   |                   |                                   |                           |             |         |                       |                        |         |                 |  |   |   |               |                             | 10:00 |
| 11:00       |  |                   |                   |                                   |                           |             |         |                       | Spielgruppe<br>Minch   |         |                 |  |   |   |               |                             | 11:00 |
| 12:00       | GK Gymnastik und Tanz<br>Schmitt                     |                   |                   |                                   |                           |             |         |                       | Spielgruppe<br>Mudler  |         |                 |  |   |   |               |                             | 12:00 |
| 13:00       |  |                   |                   |                                   |                           |             |         |                       |                        |         |                 |  |   |   |               |                             | 13:00 |
| 14:00       | WPK Inklusion<br>durch Sport<br>Neuburger/<br>Kühner |                   |                   |                                   |                           |             |         |                       | Spielgruppe<br>Palaz   |         |                 |  |   |   |               |                             | 14:00 |
| 15:00       | Headis<br>Marcus                                     | Floorball<br>Jan  |                   | Reinigung                         |                           |             |         |                       | Spielgruppe<br>Eiden   |         |                 |  |   |   |               |                             | 15:00 |
| 16:00       | Fußball<br>Spielgruppe<br>Adams                      |                   |                   | Spielgruppe<br>Zouatom            |                           |             |         | Spielgruppe<br>Wu/Dai |                        |         |                 |  |   |   |               |                             | 16:00 |
| 17:00       | Fußball<br>Spielgruppe<br>Adams                      |                   |                   |                                   |                           |             |         |                       | Spielgruppe<br>Wiesen  |         |                 |  |   |   |               |                             | 17:00 |
| 18:00       | Fußball<br>Spielgruppe<br>Braun                      |                   |                   | Zouk<br>Anna/Aleks                |                           |             |         |                       | Spielgruppe<br>Réneuer |         |                 |  | Tanzen<br>Disko Fox<br>Anfänger         |   |               |                             | 18:00 |
| 19:00       | Fußball<br>Spielgruppe<br>Braun                      |                   |                   |                                   | Calisthenics<br>Basic     |             |         |                       | Spielgruppe<br>Baturan |         |                 |  | Tanzen<br>Disko Fox<br>Fortgeschrittene |   |               |                             | 19:00 |
| 20:00       | Badminton<br>freies Spielen                          |                   |                   | Boxen<br>Anfänger-Workshop        |                           |             |         |                       |                        |         |                 |  | Softball/ Baseball<br>für alle          |   |               | Tanzen<br>freies Tanzen     | 20:00 |
| 21:00       | Badminton<br>freies Spielen                          |                   |                   | Boxen<br>Fortgeschr.-<br>Workshop |                           |             |         |                       |                        |         |                 |  |   |   |               | Spielgruppe<br>Mukuta Bondo | 21:00 |
| 22:00       | Badminton<br>freies Spielen                          |                   |                   | Aufbau                            |                           |             |         |                       |                        |         |                 |  |   | * Weitere Tanztermine am Wochenende:<br>So. 18:00-19:00 A-Kurs<br>So. 19:15-21:45 Lateinformation |               |                             | 22:00 |
| 23:00       |  |                   |                   |                                   |                           |             |         |                       |                        |         |                 |  |   |   |               |                             | 23:00 |

