

Sportplan ERFURTER HOCHSCHULSPORT im USV Erfurt e.V. (FH Erfurt und Uni Erfurt)

Ferien - Sommersemester 2024 vom 22.07.2024 bis 06.10.2024

Hochschulsport Abteilungstraining ~~Freizeitgestaltung~~

Montag

| 07:30 07:45 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 12:30 12:45 13:00 13:15 13:30 13:45 14:00 14:15 14:30 14:45 15:00 15:15 15:30 15:45 16:00 16:15 16:30 16:45 17:00 17:15 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 19:45 20:00 20:15 20:30 20:45 21:00 21:15 21:30 21:45 | Universität Erfurt | | | Fachhochschule Altonaer Str. 25, Haus 11a | | | | |
|--|--|--|--------------------|--|--|----------------------------|--|--|
| | Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Multifunktionsraum 11a.E.7 | StuRa, Raum 11.E.20 | FH-Fitnessr. 11a.E.12 |
| | | | | | | | | |
| | | | | | | | | Early Bird - Mitarbeitertraining 00105 07:00 - 09:00 Uhr |
| Buchung laut E.-system 00211 | Buchung laut E.-system 00211 | | | | | | | |
| Buchung laut E.-system 00212 | Buchung laut E.-system 00212 | | | | | | | |
| Buchung laut E.-system 00213 | Buchung laut E.-system 00213 | Calisthenics-parkkarte (CPK) 00301 09:00 - 21:00 Uhr | | | | | | |
| Uni Erfurt Sportwissenschaft Jörg Eisenacher 00214 (komplettes Semester) | Uni Erfurt Sportwissenschaft Jörg Eisenacher 00214 (komplettes Semester) | | | Yoga 81_30201 Nelly van B. 15:00 - 16:00 Uhr | | | | Fitnesskarte FHE 00102 Freies Training nach absolviertem Einführungskurs |
| Buchung laut E.-system 00215 | Buchung laut E.-system 00215 | Abt.-Training Calisthenics USV Christian N. 16:00 - 21:00 Uhr | | Bodyweight Training 81_20105 Ilka J. 16:00 - 17:00 Uhr | | | | |
| Buchung laut E.-system 00216 | Buchung laut E.-system 00216 | | | Bodyweight Training 81_20104 Ilka J. 17:00 - 18:00 Uhr | Aroha/ Aroha Flick 81_20201 Lisa K. 17:00 - 18:30 Uhr | | Workshop Lockpicking 81_90121 Christoph T. 23.09.24 16:00 - 19:30 | |
| | | | | Escrima / Selbstverteidigung 81_10401 Kerstin 18:00 - 19:00 Uhr | | | | |
| | | | | Iron Body 81_20201 Lisa F. 19:15 - 20:15 Uhr | Spinning 81_20301 Stephanie F. 19:15 - 20:15 Uhr | | | |
| Buchung laut E.-system 00217 | Buchung laut E.-system 00217 | | | Commercial Dance 81_60901 Monique H. 05.08. - 19.08.24 20:15 - 21:45 Uhr | Workshop Jazz Dance 81_60651 Lisa K. / Aurelia H. 02.09.24 20:15 - 21:45 Uhr großer Gymnastikraum | | | |

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| Tango Argentino | TSV Grün-Gold EF | Domsporthalle | SH FÖZI | SH Am Flughafen | Sporthalle GS1 | SH Gymnasium 3 | Rieth Alwetterplatz | Sportplatz Rieth | GEM 2 Roter Berg | Kunstrasenplatz | Radsport | LA-Halle / -Anlage | Unigelände | |
| Schmidst. Str. 34 | Marktstr. 6, Erfurt | Gymnastikraum | Warschauer Str. 4 | Kampfsportraum | Johannesschule | Johann Gutenberg | Essener Str. 16 | Essener Str. 16 | Karl-Reimann-Ring 14, EF | Am Nordpark (Riethstr. 35) | in und um Erfurt | Steigerwaldst. | Treffpunkt: vor Uni-Bibo | |
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Volleyball
81_50803
Cedric R. / Tim S.
19:30 - 21:00 Uhr

Karate
USV
Andreas K.
16:30 - 21:00 Uhr

Tischtennis
81_40802
Andreas M.
19:30 - 21:00 Uhr

~~Flag Football
81_50802
Sebastian S.
18:00 - 20:00 Uhr~~

~~Volleyball
81_50803
Tim S.
16:00 - 17:30 Uhr~~

Dienstag

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| | Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Multifunktionsraum 11a.E.7 | StuRa, Raum 11.E.20 | FH-Fitnessr. |
| 07:30 | | | | | | | | Early Bird - Mitarbeitertraining 00105 07:00 - 09:00 Uhr |
| 07:45 | | | | | | | | |
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| 08:45 | Buchung laut E.-system 00221 | Buchung laut E.-system 00221 | | | | | | |
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| 12:45 | Buchung laut E.-system 00223 | Buchung laut E.-system 00223 | Calisthenics-parkkarte (CPK) 00301 09:00 - 21:00 Uhr | | | | | |
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| 14:45 | Buchung laut E.-system 00224 | Buchung laut E.-system 00224 | | | | | | Fitnesskarte FHE 00102 Freies Training nach absolviertem Einführungskurs |
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| 16:00 | Beachvolleyball (Fortgeschritten) 81_50871 Tobias S. 16:00 - 18:00 Uhr Ferien-Sommersemester 00235 | Beachvolleyball (Fortgeschritten) 81_50871 Tobias S. 16:00 - 18:00 Uhr Ferien-Sommersemester 00235 | Abt.-Training Calisthenics USV Christian N. 17:00 - 21:00 Uhr | Pilates 81_30401 Marie B. 15:45 - 16:40 Uhr | | | | |
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| 18:30 | Beachvolleyball USV Herren Alexander H. 18:00 - 20:00 Uhr komplett 00226 | Beachvolleyball USV Herren Alexander H. 18:00 - 20:00 Uhr komplett 00226 | | | | | | |
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| 20:45 | Buchung laut E.-system 00227 | Buchung laut E.-system 00227 | | | | | | |
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Orientalischer Tanz
81_60951
 Tanja H.
 18:00 - 19:00 Uhr

Floorball/ Unihockey
81_50701
 Lutz H.
 20:00 - 22:00 Uhr

Volleyball Frauen
(Fortgeschritten)
81_50805
 Bente H.
 18:30 - 20:00

Laufgruppe
81_40301
 Frank B.
 18:15 - 19:30 Uhr

Mittwoch

| Universität Erfurt | | Fachhochschule Alfonsaer Str. 25, Haus 11a | | | | | |
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| Beachplatz 1 | Beachplatz 2 | Callisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Multifunktionsraum 11a.E.7 | StuRa, Raum 11.E.20 | FH-Fitnessr. |
| 07:30 | | | | | | | Early Bird - Mitarbeitertraining 00105 07:00 - 09:00 Uhr |
| 07:45 | | | | | | | |
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| 08:45 | Buchung laut E.-system 00231 | Buchung laut E.-system 00231 | | | | | |
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| 12:45 | Buchung laut E.-system 00233 | Buchung laut E.-system 00233 | | | | | |
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| 14:30 | Uni Erfurt Sportwissenschaft Jörg Eisenacher 00234 (komplettes Semester) | Uni Erfurt Sportwissenschaft Jörg Eisenacher 00234 (komplettes Semester) | Callisthenics-parkkarte (CPK) 00301 09:00 - 21:00 Uhr | | | | Fitnesskarte FHE 00102 Freies Training nach absolviertem Einführungskurs |
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| 16:30 | Beachvolleyball 81_50812 Paulin J. 16:00 - 18:00 Uhr Ferien-Sommersemester 00235 | Beachvolleyball 81_50812 Paulin J. 16:00 - 18:00 Uhr Ferien-Sommersemester 00235 | Zumba 81_20594 Anja W. 16:00 - 17:00 Uhr | | | | |
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| 18:30 | Beach FunSport 81_51037 Michael H. 18:00 - 20:00 Uhr Ferien-Sommersemester 00236 | Beach FunSport 81_51037 Michael H. 18:00 - 20:00 Uhr Ferien-Sommersemester 00236 | | | | | |
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Karate
USV
Andreas K.
16:30 - 21:00 Uhr

~~**Basketball**
81_50701
1978-2022
16:00 - 18:00 Uhr~~

Fußball (Tartan-Kleinfeld)
81_50302
Friedrich S.
18:00 - 20:00 Uhr

~~**Rugby**
81_50581
11. Et.
18:00 - 20:00 Uhr~~

~~**Flag Football**
81_50582
Sportplatz S.
18:00 - 20:00 Uhr~~

Ultimate Frisbee
81_50601
Tobias M.
20:00 - 22:00 Uhr

~~**Rennrad**
81_40501
Jonahthal D.
16:00 - 19:00 Uhr
Treffpunkt:
Fahrradwerkstatt FH Erfurt
(Lübbecke Straße)~~

Donnerstag

| Universität Erfurt | | | Fachhochschule Alfonsaer Str. 25, Haus 11a | | | | |
|--------------------|---------------------------------|---------------------------------|---|---------------------------------------|----------------------------|---------------------|--|
| Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Multifunktionsraum 11a.E.7 | StuRa, Raum 11.E.20 | FH-Fitnessr. |
| 07:30 | | | | | | | Early Bird - Mitarbeitertraining 00105 07:00 - 09:00 Uhr |
| 07:45 | | | | | | | |
| 08:00 | | | | | | | |
| 08:15 | | | | | | | |
| 08:30 | | | | | | | |
| 08:45 | Buchung laut E.-system 00241 | Buchung laut E.-system 00241 | | | | | |
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| 10:45 | Buchung laut E.-system 00242 | Buchung laut E.-system 00242 | | | | | |
| 11:00 | | | | | | | |
| 11:15 | | | Jumping Fitness 81_20602 Lars P. 11:00 - 12:00 Uhr | | | | |
| 11:30 | | | | | | | |
| 11:45 | | | | | | | |
| 12:00 | | | | Aktive Pause 81_70101 T. von D. | | | |
| 12:15 | | | | | | | |
| 12:30 | | | | | | | |
| 12:45 | Buchung laut E.-system 00243 | Buchung laut E.-system 00243 | | | | | |
| 13:00 | | | | | | | |
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| 14:30 | | | | | | | |
| 14:45 | Buchung laut E.-system 00244 | Buchung laut E.-system 00244 | | | | | Fitnesskarte FHE 00102 Freies Training nach absolviertem Einführungskurs |
| 15:00 | | | | | | | |
| 15:15 | | | | | | | |
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| 20:45 | | | | | | | |
| 21:00 | Buchung laut E.-system 00247 | Buchung laut E.-system 00247 | | | | | |
| 21:15 | | | | | | | |
| 21:30 | | | | | | | |
| 21:45 | | | | | | | |

Calisthenics-parkkarte
(CPK)
00301
09:00 - 21:00 Uhr

Abt.-Training Calisthenics
USV
Christian N.
17:00 - 21:00 Uhr

~~Yoga
81_20704
Mariechen B.
16:00 - 17:00 Uhr~~

~~Zumba
81_20504
Sara K.
17:00 - 18:00 Uhr~~

~~Danceque / Showdance
81_40562
Michelle F.
18:00 - 19:00 Uhr~~

~~Bodyfitness
81_20187
Alexander H.
18:00 - 19:00 Uhr~~

~~Bauch- & Rücken-Fit
81_20122
Alexander H.
19:00 - 20:00 Uhr~~

~~Einzelveranstaltungen
Functional Spinning
Christian H.
20:00 - 21:15 Uhr
08.08. / 15.08. / 22.08. / 29.08.~~

Steeldarts
81_40701
Benny L.
17:30 - 19:00 Uhr

Donnerstag

Donnerstag

| extern | | | | | | extern | | | | | | | | |
|-------------------|---------------------|---------------|-------------------|-----------------|----------------|------------------|----------------------|------------------|--------------------------|----------------------------|------------------|--------------------|---------------------------|-------|
| Tango Argentino | TSV Grün-Gold EF | Domsporthalle | SH FÖZ1 | SH Am Flughafen | Sporthalle GS1 | SH Gymnasium 3 | Rieth Allwetterplatz | Sportplatz Rieth | GEM 2 Roter Berg | Kunstrasenplatz | Radsport | LA-Halle / -Anlage | Unigelände | |
| Schmidst. Str. 34 | Marktstr. 6, Erfurt | Gymnastikraum | Warschauer Str. 4 | Kampfsportraum | Johannesschule | Johann Gutenberg | Essener Str. 16 | Essener Str. 16 | Karl-Reimann-Ring 14, EF | Am Nordpark (Riethstr. 35) | In und um Erfurt | Steigerwaldst. | Treffpunkt: vor Uni-Bibio | |
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~~Gesellschaftstanz
(Anfänger)
81_4001
Josef K.
16:45 - 18:00 Uhr~~

~~Kung Fu
81_1001
Sabine Z.
17:00 - 18:30 Uhr~~

~~Boxen
81_1051
Oliver B.
17:00 - 19:00 Uhr~~

Tango (Mittelstufe/
Fortgeschritten)
81_60301
Sabine Z.
19:00 - 20:00 Uhr

Tuchakrobatik
Fortgeschrittene
81_40952
Nannette S. / Sophie S.
18:30 - 20:30 Uhr

Aikido
USV
Thomas K.
19:00 - 20:30 Uhr

~~Stichtennis
81_40803
Frank B.
20:00 - 21:30 Uhr~~

Laufgruppe
81_40301
Frank B.
18:15 - 19:30 Uhr

~~Gesellschaftstanz
(Fortbaustufe)
81_40102
Josef K.
20:50 - 21:50 Uhr~~

Freitag

| Universität Erfurt | | | Fachhochschule Alfonsaer Str. 25, Haus 11a | | | | |
|--------------------|---------------------------------|---------------------------------|--|----------------------|----------------------------|---------------------|---|
| Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Multifunktionsraum 11a.E.7 | StuRa, Raum 11.E.20 | FH-Fitnessr. |
| 07:30 | | | | | | | Early Bird - Mitarbeitertraining 00105 07:00 - 09:00 Uhr |
| 07:45 | | | | | | | |
| 08:00 | | | | | | | |
| 08:15 | | | | | | | |
| 08:30 | | | | | | | |
| 08:45 | Buchung laut E.-system 00251 | Buchung laut E.-system 00251 | | | | | |
| 09:00 | | | | | | | |
| 09:15 | | | | | | | |
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| 10:15 | | | | | | | |
| 10:30 | | | | | | | |
| 10:45 | Buchung laut E.-system 00252 | Buchung laut E.-system 00252 | | | | | |
| 11:00 | | | | | | | |
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| 12:00 | | | | | | | |
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| 12:30 | | | | | | | |
| 12:45 | Buchung laut E.-system 00253 | Buchung laut E.-system 00253 | | | | | |
| 13:00 | | | | | | | |
| 13:15 | | | | | | | |
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| 14:30 | | | | | | | |
| 14:45 | Buchung laut E.-system 00254 | Buchung laut E.-system 00254 | | | | | |
| 15:00 | | | | | | | |
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| 15:30 | | | | | | | |
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| 16:00 | | | | | | | |
| 16:15 | | | | | | | |
| 16:30 | Buchung laut E.-system 00255 | Buchung laut E.-system 00255 | | | | | |
| 16:45 | | | | | | | |
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| 18:15 | | | | | | | |
| 18:30 | Buchung laut E.-system 00256 | Buchung laut E.-system 00256 | | | | | |
| 18:45 | | | | | | | |
| 19:00 | | | | | | | |
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| 20:30 | | | | | | | |
| 20:45 | Buchung laut E.-system 00257 | Buchung laut E.-system 00257 | | | | | |
| 21:00 | | | | | | | |
| 21:15 | | | | | | | |
| 21:30 | | | | | | | |
| 21:45 | | | | | | | |

Pilates
81_30402
Marie B.
10:00 - 11:00 Uhr

Calisthenics-parkkarte
(CPK)
00301
09:00 - 21:00 Uhr

~~Yin Yoga
81_30211
Josephine C.
14:00 - 15:15 Uhr~~

~~Jumping Fitness
81_20995
Lena F.
15:00 - 17:00 Uhr~~

~~Arona/ Aroha Stick
81_20002
Lina S.
17:00 - 19:00 Uhr~~

Abt.-Training Calisthenics
USV
Christian N.
16:00 - 21:00 Uhr

Fitnesskarte FHE
00102
Freies Training nach
absolviertem
Einführungskurs

