

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

Ferien-Sommersemester 2021 vom 26.7. bis zum 3.10.2021

Hochschulsport Abt.-Training ~~TN zu Übung~~

Montag

| | Räumlichkeiten Universität Erfurt oder Fachhochschule Erfurt | | | | | | | | | | | | | | | | |
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| | Uni | | | | | Halle Uni | | | | Uni | | | Fachhochschule Altonaer Str. 25 | | | | |
| | Gymnastikraum | Fitnessraum | Dojo | Versammlungsraum | Online-Kurse | Feld 4 | Feld 3 | Feld 2 | Feld 1 | Judoraum | Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Raum 3.E.06 | FH-Fitnessr. 11a.E.12 |
| 07:30 | | Early Bird - Mitarbeiter-Training 00104 07:00 - 09:00 Uhr | | | | | | | | | | | | | | | |
| 07:45 | | | | | | | | | | | | | | | | | |
| 08:00 | | | | | | | | | | | | | | | | | |
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| 09:00 | | | | | | | | | | | Buchung laut E.- system 00211 | Buchung laut E.- system 00211 | | | | | |
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| 14:45 | | Freies Training nach absolviertem Einführungskurs | | | | | | | | | | | | | | | |
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| 17:30 | Karate Andreas Kalleck 17:00 - 18:00 Uhr | | | | | | | | | | | | | | | | |
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Freies Training
nach absolviertem
Einführungskurs

Callisthenics-
parkkarte (CPK)
00501
09:00 - 17:00 Uhr

~~Futsal
81_50301
Friedrich-Steinfurthweg
16:00 - 17:30 Uhr~~

Völkerball
81_50151
Yves Mertig
17:30 - 19:00 Uhr

Basketball U19
Dietlef Zimmer
17:30 - 19:00 Uhr

Latin-Dance-Aerobic
81_20505
Katharina Wolf
18:15 - 19:15 Uhr

Judo
USV
Uwe Mosebach
18:00 - 20:00 Uhr

Iron Body (HyFlex)
81_20701
Lars Pennewis
19:30 - 20:30 Uhr

Iron Body (HyFlex)
81_20701
Lars Pennewis
19:30 - 20:30 Uhr

Unihockey/ Floorball
USV Jugend
Philipp Bullerjahn
19:00 - 20:30 Uhr

Dienstag

| Räumlichkeiten Universität Erfurt oder Fachhochschule Erfurt | | | | | | | | | | | | | | | | |
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| Uni | | | | | | | | | | Uni | | | Fachhochschule Altonaer Str. 25 | | | |
| Gymnastikraum | Fitnessraum | Dojo | Versammlungsraum | Online-Kurse | Feld 4 | Feld 3 | Feld 2 | Feld 1 | Judoraum | Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Raum 3.E.06 | FH-Fitnessr. |
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Early Bird - Mitarbeiter-Training
00104
07:00 - 09:00 Uhr

Yoga USV
Gudrun Hoch
12:00 - 13:00 Uhr

Krebsnachso.
Anja Kirsch
13:15 - 14:00 Uhr

Freies Training nach absolviertem Einführungskurs

~~**Pilates (HyFlex)**
81_30401
Marie Heitz
15:30 - 16:30 Uhr~~

~~**Pilates (HyFlex)**
81_30401
Marie Heitz
15:30 - 16:30 Uhr~~

Karate USV
S. T.
18:00 - 19:00 Uhr

Karate
Torsten Wolf
19:15 - 20:15 Uhr

Yoga USV
Gudrun Hoch
20:00 - 21:30 Uhr

Yoga USV
Gudrun Hoch
20:30 - 21:30 Uhr

Basketball USV
Jochen Michels
19:00 - 20:30 Uhr

Volleyball Damen
Urte Bogatzki
19:00 - 20:30 Uhr

Aikido USV
Dirk Bender/ Thomas Kämmler
19:00 - 20:30 Uhr

Buchung laut E.-system
00221

Buchung laut E.-system
00221

Buchung laut E.-system
00222

Buchung laut E.-system
00222

Buchung laut E.-system
00223

Buchung laut E.-system
00223

Calisthenics-parkkarte (CPK)
00501
09:00 - 17:00 Uhr

Buchung laut E.-system
00224

Buchung laut E.-system
00224

Freies Training nach absolviertem Einführungskurs

Buchung laut E.-system
00225

Buchung laut E.-system
00225

Jumping Fitness
81_20601
Lars Pennewiss
16:45 - 17:45 Uhr

Buchung laut E.-system
00226

Buchung laut E.-system
00226

Calisthenics USV
Katinka Clasen
17:00 - 21:00 Uhr

Iron Body
81_20702
Lars Pennewiss
18:00 - 19:00 Uhr

Buchung laut E.-system
00227

Buchung laut E.-system
00227

Mittwoch

| Räumlichkeiten Universität Erfurt oder Fachhochschule Erfurt | | | | | | | | | | | | | | | | | |
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| Fachhochschule Altonaer Str. 25 | | | | | | | | | | | | | | | | | |
| Gymnastikraum | Fitnessraum | Dojo | Versammlungsraum | Online-Kurse | Feld 4 | Feld 3 | Feld 2 | Feld 1 | Judoraum | Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Raum 3.E.06 | FH-Fitnessr. | |
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**Early Bird -
Mitarbeiter-Training
00104**
07:00 - 09:00 Uhr

Freies Training
nach absolviertem
Einführungskurs

**Body Intensive
(HyFlex)
81_20708**
Denise Pawlowsky
16:30 - 17:30 Uhr

**Athleticflow (HyFlex)
81_20401**
Annabell Zoeger
17:45 - 18:45 Uhr

~~**Tanzmix
81_40905**
Florian Schöbeler
18:45 - 19:45 Uhr~~

Karate
Andreas Kalleck
16:30 - 21:30 Uhr

**Schach
USV**
Pefer Löwe
16:30 - 22:00 Uhr

~~**Yoga
81_30906**
Jasmin Nagy
19:00 - 20:00 Uhr~~

**Body Intensive
(HyFlex)
81_20708**
Denise Pawlowsky
16:30 - 17:30 Uhr

**Athleticflow (Hybrid)
81_20401**
Annabell Zoeger
17:45 - 18:45 Uhr

Fachschaft-SPOWI
20:00 - 22:00 Uhr

**Judo
USV**
Uwe Mosebach
18:00 - 20:00 Uhr

**Calisthenics-
parkkarte (CPK)
00501**
09:00 - 17:00 Uhr

Freies Training nach
absolviertem
Einführungskurs

Donnerstag

| Räumlichkeiten Universität Erfurt oder Fachhochschule Erfurt | | | | | | | | | | | | | | | | | | |
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| Fachhochschule Altonaer Str. 25 | | | | | | | | | | | | | | | | | | |
| Gymnastikraum | Fitnessraum | Dojo | Versammlungsraum | Online-Kurse | Feld 4 | Feld 3 | Feld 2 | Feld 1 | Judoraum | Beachplatz 1 | Beachplatz 2 | Calisthenicsanlage | gr. Kursraum 11a.E.11 | kl. Kursraum 11a.E.9 | Raum 3.E.06 | FF-Fitnessr. | | |
| 07:30 | Early Bird - Mitarbeiter-Training 00104 07:00 - 09:00 Uhr | | | | | | | | | | | | | | | | | |
| 07:45 | | | | | | | | | | | | | | | | | | |
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| 14:30 | Freies Training nach absolviertem Einführungskurs | | | | | | | | | | | | | | | | | |
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| 21:45 | | | | | | | | | | | | | | | | | | |

Yoga-Meditationstanz 81_30710
Friedemann Jäger
09:00 - 10:00 Uhr

Senioren-gymnastik/ Tanz
Gudrun Hoch/ Katrin v. d. Boch
14:00 - 15:45 Uhr

~~**Fitnessmix 81_20509**
Dagmar Niesos
16:00 - 17:00 Uhr~~

Salsation 81_20502
Marie Krümming
18:15 - 19:15 Uhr

Karate USV
Torsten Wolf
18:00 - 18:45 Uhr

Karate USV
Torsten Wolf
19:00 - 19:45 Uhr

Yoga USV
Yvonne Kühnemund
20:00 - 21:30 Uhr

Basketball USV
Jochen Michels
20:30 - 22:00 Uhr

Volleyball Damen (Fort.)
Weber
19:00 - 20:30 Uhr

Aikido
Thomas Kämmler
19:00 - 20:30 Uhr

Volleyball Herren
Teubert
18:00 - 20:00 Uhr
komplett
00246

Buchung laut E.-system 00247

Buchung laut E.-system 00246

Calisthenics USV
Katinka Clasen
17:00 - 21:00 Uhr

Buchung laut E.-system 00243

Buchung laut E.-system 00243

Calisthenics-parkkarte (CPK) 00501
09:00 - 17:00 Uhr

Buchung laut E.-system 00244

Buchung laut E.-system 00244

Buchung laut E.-system 00245

Buchung laut E.-system 00245

Buchung laut E.-system 00241

Buchung laut E.-system 00241

Buchung laut E.-system 00242

Buchung laut E.-system 00242

Freies Training nach absolviertem Einführungskurs

