

Hallenbelegung MTV-Eschershausen

| Tag | Uhrzeit | bis | Uhrzeit | Sportart | Übungsleiter |
|---|-----------|-----|------------|----------------------------|-------------------------------|
| | ab | | bis | | |
| Montag | | | | | |
| | 16:00 | | 18:00 | Turn - Mädchen | Sinja Pfeiffer |
| | 18:00 | | 19:00 | Reha Sport | Gaby Jörn |
| | 19:30 | | 20:30 | Sumba | Björn Johanning |
| Dienstag | 9:30 | | 10:30 | Osteoporose | Gaby Jörn |
| | 16:30 | | 17:30 | Turnanfänger | Lina Reimann/Anne Reimche |
| | 18:00 | | 20:00 | Fußballtennis | Siegfried Koschary |
| | 20:00 | | 21:00 | Gymnastik "Rücken Fit" | Katja Figiel/Claudia Pfeiffer |
| Mittwoch | 16:30 | | 18:00 | Turnen | Sinja Pfeiffer |
| | 18:00 | | 19:30 | Judo | Peter Alder |
| | 19:30 | | 20:30 | Damen Gymnastik | Annegret Olschewski |
| | 20:30 | | 21:30 | Männersportgruppe | Annegret Olschewski |
| | 18:00 | | 20:00 | Fußballtraining Alt-Herren | |
| Donnerstag | 16:00 | | 17:00 | Mutter-Kind | Anne Reimche |
| | 17:00 | | 18:00 | Judo - Turnen | Peter Alder/Sinja Pfeiffer |
| | 18:00 | | 19:00 | Fit for Fun | Gaby Jörn |
| | 19:00 | | 20:00 | Hoop In | Tina Hartmann |
| Freitag | 15:30 | | 17:00 | Turn Mädchen | Peter Alder/Sinja Pfeiffer |
| | 17:00 | | 18:30 | Kampftraining | David Scheidemann |
| | 18:30 | | 19:30 | Stepp - Aerobic | Tina Hartmann |
| Samstag | | | | | |
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| Kein Übungsbetrieb in den Ferien | | | | | |
| Fußballtraining nur in den Sommermonaten /Sportplatz | | | | | |