

Belegungsplan ab 01.08.2023 Mulsum-Winterhalbjahr *

| Tag Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------|--|--------------------|--------------------|--------------------|--------------------|-------------------|---------|
| 07:30 | | | | | | Halle geschlossen | |
| 07:45 | | | | | | | |
| 08:00 | | | | | | | |
| 08:15 | | | | | | | |
| 08:30 | | | | | | | |
| 08:45 | | | | | | | |
| 09:00 | | | | | | | |
| 09:15 | | | | | | | |
| 09:30 | | | | | | | |
| 09:45 | | | | | | | |
| 10:00 | | | | | | 10:00-12:00 | |
| 10:15 | | | | | | FC Mu/Ku | |
| 10:30 | | | | | | flexibel | |
| 10:45 | | | | | | | |
| 11:00 | | | | | | | |
| 11:15 | | | | | | | |
| 11:30 | | | | | | | |
| 11:45 | | | | | | | |
| 12:00 | | | | | | | |
| 12:15 | | | | | | | |
| 12:30 | | | | | | | |
| 12:45 | | | | | | | |
| 13:00 | | | | | | | FFW |
| 13:15 | | | | | | | Mulsum |
| 13:30 | | | | | | | |
| 13:45 | | 13:45 - 14:45 | | | | | |
| 14:00 | | TSV Mulsum | | | 14:00-15:00 | | |
| 14:15 | | Senior Fit | | | Freie Zeit !!! | | |
| 14:30 | 14:30-17:15 | | 14:30-16:00 | 14:30-15:30 | | | |
| 14:45 | TSV Mulsum | 14:45 - 15:45 | Freie Zeit !!! | Freie Zeit !!! | TSV Essel verleiht | | |
| 15:00 | Eltern-Kind-Turnen | TSV Mulsum | | | 15:15 - 16:30 | | |
| 15:15 | | Vorschul-Turnen | | JSG Geest verleiht | TSV Essel | | |
| 15:30 | | | | 15:30 - 16:30 | männl. U 10 / U 12 | | |
| 15:45 | | 15:45 - 16:45 | JSG Geest verleiht | TSV Essel | | | |
| 16:00 | | TSV Mulsum | 16:00-17:00 | Mixed U8 | | | |
| 16:15 | | Kinder-Volleyball | JSG Geest | JSG Geest verleiht | | | |
| 16:30 | | | U7 | 16:30-18:00 | 16:30-17:30 | | |
| 16:45 | | 16:45 - 18:00 | | JSG Geest | JSG Geest | | |
| 17:00 | | TSV Mulsum | 17:00-18:30 | 1. U10 | 1. U9 | | |
| 17:15 | 17:15-18:15 | Einrad-Fahren | JSG Geest | | | | |
| 17:30 | JSG Geest | | 1. + 2. U11 | | 17:30-18:30 | | |
| 17:45 | U13 | | | | JSG Geest | | |
| 18:00 | | 18:00-19:15 | | 18:00-19:15 | 2. U9 | | |
| 18:15 | 18:15-19:15 | JSG Geest | | JSG Geest | | | |
| 18:30 | JSG Geest | U12 | 18:30-19:30 | 2. U10 | 18:30-20:00 | | |
| 18:45 | U15 | | JSG Geest | | TSV Mulsum | | |
| 19:00 | | | 2. U18 | | Volleyball | | |
| 19:15 | 19:15-20:15 | 19:15-20:15 | | 19:15-20:15 | | | |
| 19:30 | TSV Mulsum | TSV Mulsum | 19:30-20:30 | TSV Mulsum | | | |
| 19:45 | Fitness-Gymnastik | Rückenfit | TSV Mulsum | HIF / Zumba | | | |
| 20:00 | | JSG Geest verleiht | Yoga | | 20:00-24:00 | | |
| 20:15 | 20:15 - 22:15 | 20:15-22:15 | | 20:15-22:15 | TSV Mulsum | | |
| 20:30 | FC Mu/Ku | FC Mu/Ku | 20:30-22:15 | TSV Essel | Tischtennis | | |
| 20:45 | 1. Herren | Ü40 | TSV Mulsum | 1. Damen | | | |
| 21:00 | Dez. - Feb. | | Handball | | | | |
| 21:15 | | | | | Halle immer | | |
| 21:30 | | | | | freigeschaltet | Halle geschlossen | |
| 21:45 | Restliche Zeit | | | | bis 24:00 Uhr | | |
| 22:00 | verfügbar !!! | | | | Punktspiele | | |
| 22:15 | Der Spielbetrieb wird ab 22:15 Uhr eingestellt - Umkleiden frei bis 22:30 Uhr | | | | | | |
| 22:30 | * Das Winterhalbjahr beginnt am 01.10. jeden Jahres und endet am 31.03. des darauffolgenden Jahres | | | | | | |