

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

Wintersemester 2024/25 vom 28.10.2024 bis 07.02.2025

Hochschulsport Abteilungstraining ~~Interdisziplinär~~

Montag

	Universität Erfurt			Fachhochschule Altonaer Str. 25, Haus 11a				Tango Argentino	TSV Grün-Gold EF			
	Treffpunkt: vor Uni-Bibo	UGM-Raum (Audimax)	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	Schmidst.Str. 34		Marktstr. 6, Erfurt	
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09:00			Calisthenics-parkkarte (CPK) 00301 09:00 - 21:00 Uhr								09:00	
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Montag

extern										
	Domsporthalle	Spiegelsaal GEM9	Kletterhalle	SH FÖZ1	Sporthalle SBBS 3	SH Am Flughafen	Sporthalle GS1	Turnhalle der SBBS6	SH RS01 Thomas Mann	
	Gymnastikraum	Hirnzigenweg 31, Erfurt	Nordwand	Warschauer Str. 4	Ludwig-Erhard-Schule	Kampfsportraum	Johannesschule	Leipziger Str. 15, EF	Hallesche Straße 18, EF	
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Zouk-Basic
60451
Annette L. & Paul S.
20:15 - 21:15 Uhr

Volleyball
50808
Tobias S.
16:00 - 17:30 Uhr

Peleca
51002
Jan B.
17:30 - 19:00 Uhr

Volleyball
50801 / USV
Alexander H.
19:00 - 22:00 Uhr

Volleyball
50802
Cedric R.
20:00 - 21:30 Uhr

Tischtennis
40801
Julia S.
19:00 - 20:30 Uhr

Tischtennis
40802
Andreas M.
20:30 - 22:00 Uhr

Montag

extern										
	SH Regelschule 23 "nördl. Geraue"	Sporthalle GEM3 Gerf-Schramm Str.1, EF	SH Gymnasium 3 Johann Gutenberg	Kickerkeller Johannesstr. 156; EF	GEM 2 Roter Berg Karl-Reimann-Ring 14, EF	Sportplatz Grubenstraße 65, Erfurt	Kunstrasenplatz Am Nordpark (Riehlstr. 35)	GS6 Bechstein-Schule Hans-Sailer-Str. 25	Eishalle Erfurt G.-N.-Stirnemann-Halle	FÖZ Emil Kannegießer Berliner Str. 1
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Handball
50251
Melissa K.
20:00 - 22:00

Flag Football
50901
Sebastian S.
20:00 - 22:00 Uhr

Dienstag

	Universität Erfurt			Fachhochschule Altonaer Str. 25, Haus 11a				Tango Argentino	TSV Grün-Gold EF		
	Treffpunkt: vor Uni-Bilbo	UGM-Raum (Audimax)	Calisthenicsanlage	gr. Kursraum 11a.E.11	kl. Kursraum 11a.E.9	Multifunktionsraum 11a.E.7	StuRa, Raum 11.E.20	FH-Fitnessr.	Schmidtst.Str. 34		Marktstr. 6, Erfurt
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Dienstag

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Domsporthalle	Spiegelsaal GEM9	Kletterhalle	SH FÖZ1	Sporthalle SBBS 3	SH Am Flughafen	Sporthalle GS1	Turnhalle der SBBS6	SH RS01 Thomas Mann	
Gymnastikraum	Hirnzigenweg 31, Erfurt	Nordwand	Warschauer Str. 4	Ludwig-Erhard-Schule	Kampfsportraum	Johannesschule	Leipziger Str. 15, EF	Hallesche Straße 18, EF	
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17:00	Kung Fu (Anfänger) 10601 Susanne Z. 16:30 - 18:00 Uhr			Basketball 50101 Michael H. 16:30 - 18:00 Uhr					17:00
17:15		Klettern TopRope (Anfänger) 40203 Niclas J. 17:00 - 19:00 Uhr			Brazilian Jiu Jitsu 10801 Maxim G. 17:00 - 19:00 Uhr				17:15
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19:30		Klettern TopRope (Anfänger) 40204 Falk H. 19:00 - 21:00 Uhr							19:30
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21:00	Thai- und Kickboxen für Einsteiger 10952 Timur R. / Christopher B. 20:00 - 22:00 Uhr								21:00
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Dienstag

extern										
SH Regelschule 23	Sporthalle GEM3	SH Gymnasium 3	Kickerkeller	GEM 2 Roter Berg	Sportplatz	Kunstrasenplatz	GS6 Bechstein-Schule	Eishalle Erfurt	FÖZ Emil Kannegeßer	
"nördl. Geraue"	Gert-Schramm Str.1, EF	Johann Gutenberg	Johannesstr. 156; EF	Karl-Reimann-Ring 14, EF	Grubenstraße 65, Erfurt	Am Nordpark (Rietthstr. 35)	Hans-Sailer-Str. 25	G.-N.-Stinermann-Halle	Berliner Str. 1	
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Inline Hockey
50401
Jörg S.
19:30 - 21:30

Floorball/ Unihockey
50701
Lutz H.
20:00 - 22:00 Uhr

Rugby
50501
Tia H.
19:30 - 21:00 Uhr

Curling
50951
Mareike H.
19:00 - 22:00 Uhr

Mittwoch

	Universität Erfurt			Fachhochschule Altonaer Str. 25, Haus 11a				Tango Argentino	TSV Grün-Gold EF		
	Treffpunkt: vor Uni-Bilbo	UGM-Raum (Audimax)	Calisthenicsanlage	gr. Kursraum 11a.E.11	kl. Kursraum 11a.E.9	Multifunktionsraum 11a.E.7	StuRa, Raum 11.E.20	FH-Fitnessr.	Schmidst.Str. 34		Marktstr. 6, Erfurt
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17:00		Zwergensport (KI-ZW-004) 17:00 - 17:45 Uhr								17:00	
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18:30		Yoga 30708 Reinhard M. 18:15 - 19:30 Uhr								18:30	
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Mittwoch

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Domsporthalle	Spiegelkaal GEM9	Kletterhalle	SH FÖZI	Sporthalle SBBS 3	SH Am Flughafen	Sporthalle GS1	Turnhalle der SBBS6	SH RS01 Thomas Mann	
Gymnastikraum	Hirnzigweg 31, Erfurt	Nordwand	Warschauer Str. 4	Ludwig-Erhard-Schule	Kampfsportraum	Johannesschule	Leipziger Str. 15, EF	Halesche Straße 18, EF	
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**Klettern Vorstiegskurs
(Fortgeschrittene)**
40201
Philip
16:00 - 18:00 Uhr

Bouldern
40202
Niclas J.
19:00 - 21:00 Uhr

Volleyball
50803
Paulin J./ Cedric R.
19:00 - 20:30 Uhr

Volleyball
50804
Cedric R.
20:30 - 22:00 Uhr

Badminton / Pickleball
40101 / 41301
Larissa F. / Benny L.
18:30 - 20:00 Uhr

Twerk (Anfänger)
61001
Aleksandra B.
20:00 - 21:00 Uhr

High Heels (Anfänger)
61003
Aleksandra B.
21:00 - 22:00 Uhr

Mittwoch

		extern											
		SH Regelschule 23	Sporthalle GEM3	SH Gymnasium 3	Kickerkeller	GEM 2 Roter Berg	Sportplatz	Kunstrasenplatz	GS6 Bechstein-Schule	Eishalle Erfurt	FÖZ Emil Kannegeßer		
		"nördl. Geraaue"	Gert-Schramm Str.1, EF	Johann Gutenberg	Johannesstr. 156; EF	Karl-Reimann-Ring 14, EF	Grubenstraße 65, Erfurt	Am Nordpark (Rietthstr. 35)	Hans-Sailer-Str. 25	G.-N.-Stinemann-Halle	Berliner Str. 1		
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**Tischfußball
(Kicken)
40351**
Tina W.
16:30 - 18:00 Uhr

**Flag Football
50901**
Sebastian S.
17:00 - 19:00 Uhr

Donnerstag

	Universität Erfurt			Fachhochschule Altonaer Str. 25, Haus 11a				Tango Argentino	TSV Grün-Gold EF		
	Treffpunkt: vor Uni-Bilbo	UGM-Raum (Audimax)	Calisthenicsanlage	gr. Kursraum 11a.E.11	kl. Kursraum 11a.E.9	Multifunktionsraum 11a.E.7	StuRa, Raum 11.E.20	FH-Fitnessr.	Schmidtst.Str. 34		Marktstr. 6, Erfurt
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Donnerstag

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Domsporthalle	Spiegelssaal GEM9	Kletterhalle	SH FÖZI	Sporthalle SBBS 3	SH Am Flughafen	Sporthalle GS1	Turnhalle der SBBS6	SH RS01 Thomas Mann	
Gymnastikraum	Hirnzigweg 31, Erfurt	Nordwand	Warschauer Str. 4	Ludwig-Erhard-Schule	Kampfsportraum	Johannesschule	Leipziger Str. 15, EF	Hallesche Straße 18, EF	
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Tuchakrobatik Anfänger
40951
Nannette S.
18:00 - 19:30 Uhr

Tuchakrobatik Fortgeschrittene
40953
Sophie S.
19:00 - 20:30 Uhr

Futsal / Hallenfußball
50301
Friedrich S.
20:30 - 22:00 Uhr

Kickboxen
10951
Oliver B.
17:00 - 19:00 Uhr

dancit® Starter
60351
Michael M.
18:00 - 19:00 Uhr

Tischtennis
40803
Florian P.
20:00 - 21:30 Uhr

Donnerstag

		extern										
		SH Regelschule 23	Sporthalle GEM3	SH Gymnasium 3	Kickerkeller	GEM 2 Roter Berg	Sportplatz	Kunstrasenplatz	GS6 Bechstein-Schule	Eishalle Erfurt	FÖZ Emil Kannegießer	
		"nördl. Geraue"	Gert-Schramm Str.1, EF	Johann Gutenberg	Johannesstr. 156; EF	Karl-Reimann-Ring 14, EF	Grubenstraße 65, Erfurt	Am Nordpark (Rietthstr. 35)	Hans-Sailer-Str. 25	G.-N.-Stinemann-Halle	Berliner Str. 1	
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Volleyball Frauen
USV

Inline Hockey
50401
Jörg S.
20:00 - 22:00

Unihockey/ Floorball
50702
Martin G.
20:00 - 21:30 Uhr

Völkerball
50151
Florian S.
20:00 - 21:30 Uhr

Kin Ball
51101
Minh D.
20:00 - 22:00 Uhr

Freitag

	Universität Erfurt			Fachhochschule Altonaer Str. 25, Haus 11a				Tango Argentino	TSV Grün-Gold EF		
	Treffpunkt: vor Uni-Bilbo	UGM-Raum (Audimax)	Calisthenicsanlage	gr. Kursraum 11a.E.11	kl. Kursraum 11a.E.9	Multifunktionsraum 11a.E.7	StuRa, Raum 11.E.20	FH-Fitnessr.	Schmidtst.Str. 34		Marktstr. 6, Erfurt
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Freitag

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Gymnastikraum	Hirnzigenweg 31, Erfurt	Nordwand	Warschauer Str. 4	Ludwig-Erhard-Schule	Kampfsportraum	Johannesschule	Leipziger Str. 15, EF	Hallesche Straße 18, EF	
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Tischtennis
40804
Jonas L.
16:00 - 17:30 Uhr

Freitag

extern											
SH Regelschule 23	Sporthalle GEM3	SH Gymnasium 3	Kickerkeller	GEM 2 Roter Berg	Sportplatz	Kunstrasenplatz	GS6 Bechstein-Schule	Eishalle Erfurt	FÖZ Emil Kannegießer		
"nördl. Geraue"	Gert-Schramm Str.1, EF	Johann Gutenberg	Johannesstr. 156; EF	Karl-Reimann-Ring 14, EF	Grubenstraße 65, Erfurt	Am Nordpark (Rietthstr. 35)	Hans-Sailer-Str. 25	G.-N.-Stinemann-Halle	Berliner Str. 1		
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