

# **Belegungsplan der Räume im Regionalen Kulturzentrum Witzeze**

| Tag         | Montag       |                                     |         | Dienstag     |                                          |         | Mittwoch     |                                       |               | Donnerstag   |                                              |         | Freitag      |                                      |         |
|-------------|--------------|-------------------------------------|---------|--------------|------------------------------------------|---------|--------------|---------------------------------------|---------------|--------------|----------------------------------------------|---------|--------------|--------------------------------------|---------|
| Uhrzeit     | Sitzungsraum | Gr. Raum                            | HABASAB | Sitzungsraum | Gr. Raum                                 | HABASAB | Sitzungsraum | Gr. Raum                              | HABASAB       | Sitzungsraum | Gr. Raum                                     | HABASAB | Sitzungsraum | Gr. Raum                             | HABASAB |
| 08.00-08.30 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 08.30-09.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 09.00-09.30 |              | KIGA                                |         |              |                                          |         |              |                                       |               |              |                                              |         |              | KIGA                                 |         |
| 09.30-10.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 10.00-10.30 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 10.30-11.00 |              | Yoga 50 Plus ESV Büchen             |         |              | VHS Damen-gymnastik<br>09:30 – 11:30 Uhr |         |              | VHS ab Feb. 2025<br>11.00 – 11.30 Uhr |               |              | Yoga (VHS) 10:30 - 12:00 Uhr                 |         |              |                                      |         |
| 11.00-11.30 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 11.30-12.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 12.00-13.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 13.00-13.30 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 13.30-14.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 14.00-14.30 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 14.30-15.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 15.00-15.30 |              |                                     |         |              | Senioren-nachmittag immer 2. Dienstag    |         |              | Offene Jugendarbeit                   |               |              | Bewegung für Kinder von 3 - 5 Jahre mit Nina |         |              |                                      |         |
| 15.30-16.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 16.00-16.30 |              | Tanzen Zumba 16:00 bis 19:00        |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 16.30-17.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 17.00-17.30 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 17.30-18.00 |              |                                     |         |              |                                          |         |              | Gyrokinesies                          | Habasab Damen |              | Gyrokinesies                                 |         |              |                                      |         |
| 18.00-18.30 |              |                                     |         |              | Yoga (VHS) 17:45 - 19:15 Uhr             |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 18.30-19.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 19.00-19.30 |              | Pilates (VHS) 19:00 - 21:00 Uhr 2 X |         |              |                                          |         |              | Gymnastik Nahts                       |               |              | Pilates 1 u. 2 VHS 18:45 -20:45 Uhr          |         |              |                                      |         |
| 19.30-20.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              | Tanzgruppe Marlene 19:45 - 21:15 Uhr |         |
| 20.00-20.30 |              |                                     |         |              | Yoga (VHS) 19:30 - 21:00 Uhr             |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 20.30-21.00 |              |                                     |         |              |                                          |         |              | Yoga mit Ines Hofmann                 |               |              |                                              |         |              |                                      |         |
| 21.00-21.30 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |
| 21.30-22.00 |              |                                     |         |              |                                          |         |              |                                       |               |              |                                              |         |              |                                      |         |

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