

Gymnastikraum TV - Keller der Mangfallhalle 2026

Belegung seit September 2025

Zeit		Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Zeit				
08:00	08:30								08:00	08:30			
08:30	09:00				Pilates Inge				08:30	09:00			
09:00	09:30					Aerobic oder FFT Sabina			09:00	09:30			
09:30	10:00								09:30	10:00			
10:00	10:30								10:00	10:30			
11:30	12:00								11:30	12:00			
14:00	14:15		Yoga 13.30-15.00 Uhr Schulverein						14:00	14:15			
14:15	14:30								14:15	14:30			
14:30	14:45								14:30	14:45			
14:45	15:00								14:45	15:00			
15:00	15:15			Yoga 15-16 Uhr Schulverein					15:00	15:15			
15:15	15:30								15:15	15:30			
15:30	15:45								15:30	15:45			
15:45	16:00								15:45	16:00			
16:00	16:15	Kreativer Kindertanz							16:00	16:15			
16:15	16:30								16:15	16:30			
16:30	16:45								16:30	16:45			
16:45	17:00								16:45	17:00			
17:00	17:15	Karate			Karate				17:00	17:15			
17:15	17:30									17:15	17:30		
17:30	17:45									17:30	17:45		
17:45	18:00									17:45	18:00		
18:00	18:15	Karate	Fitness Training FUBA	Ringen Kraft-Ausdauer- Training					18:00	18:15			
18:15	18:30										18:15	18:30	
18:30	18:45										18:30	18:45	
18:45	19:00										18:45	19:00	
19:00	19:15	Karate	Pilates Inge		Karate	Reserviert Zumba®, wenn KuS belegt			19:00	19:15			
19:15	19:30											19:15	19:30
19:30	19:45											19:30	19:45
19:45	20:00											19:45	20:00
20:00	20:15		STRONG Nation™		STRONG Nation™				20:00	20:15			
20:15	20:30									20:15	20:30		
20:30	20:45									20:30	20:45		
20:45	21:00									20:45	21:00		
21:00	21:15								21:00	21:15			
21:15	21:30								21:15	21:30			
21:30	21:45								21:30	21:45			
21:45	22:00								21:45	22:00			

Stand: 30.03.2026

Abt. Ringen
 Schulverein

Abt. Gymnastik
 Abt. Karate

Abt. Fußball
 Frei