

# Gymnastikraum TV - Keller der Mangfallhalle 2022

ab 25. April 2022

Zeit		Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Zeit	
08:00	08:30								08:00	08:30
08:30	09:00		<b>Funktionelles Figurtraining (FFT) Sabina</b>		<b>Body Compact Inge</b>				08:30	09:00
09:00	09:30						<b>Aerobic oder FFT Sabina</b>			09:00
09:30	10:00									09:30
10:00	10:30								10:00	10:30
11:30	12:00								11:30	12:00
14:00	14:15								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								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								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	<b>Karate</b>			<b>Funktionelles Figurtraining Sabina</b>		<b>Koordination - Tennis</b>		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	<b>Karate</b>	<b>sports4kids Aenne</b>				<b>Koordination - Tennis</b>		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	<b>Karate</b>	<b>Pilates Inge</b>		<b>Karate</b>				19:00	19:15
19:15	19:30								19:15	19:30
19:30	19:45						<b>Funny Fitness Ines</b>		19:30	19:45
19:45	20:00									19:45
20:00	20:15					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			

 Aenne Krause

 Sparte Gymnastik

 Tennis

 Sparte Karate

 Frei