

# Gymnastikraum TV - Keller der Mangfallhalle 2023

ab Osterferien 2023

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		
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								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>				17:00	17:15			
17:15	17:30						<b>Koordination - Tennis</b>			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>							18:00	18:15			
18:15	18:30					<b>Koordination - Tennis</b>			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							Reserviert Zumba wenn KuS belegt			19:15	19:30	
19:30	19:45											19:30	19:45
19:45	20:00											19:45	20:00
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			

Stand: 7.3.2023

 Sparte Ringen

 Sparte Gymnastik

 Tennis

 Sparte Karate

 Frei