

Gymnastikraum TV - Keller der Mangfallhalle 2023

Zeit		Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Zeit			
08:00	08:30								08:00	08:30		
08:30	09:00		Funktionelles Figurtraining (FFT) Sabina		Body Compact 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								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	Karate			Funktionelles Figurtraining Sabina				17:00	17:15		
17:15	17:30						Koordination - Tennis			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							18:00	18:15		
18:15	18:30					Koordination - Tennis			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				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	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: 26.9.2023

Sparte Ringen

Sparte Gymnastik

Tennis

Sparte Karate

Frei