

Gymnastikraum TV - Keller der Mangfallhalle 2025

ab 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	Aerobic oder FFT Sabina			08:30	09:00	
09:00	09:30								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™		Reserviert STRONG Nation™, wenn KuS belegt				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: 03.10.2025

Abt. Ringen
 Schulverein

Abt. Gymnastik
 Abt. Karate

Abt. Fußball
 Frei