

Gymnastikraum TV - Keller der Mangfallhalle 2025

ab März 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								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				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							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		Ringen Kraft-Ausdauer- Training					18:00	18:15
18:15	18:30									18:15
18:30	18:45				Karate				18:30	18:45
18:45	19:00								18:45	19:00
19:00	19:15	Karate	Pilates Inge			Reserviert Zumba@, wenn KuS belegt			19:00	19:15
19:15	19:30									19:15
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: 11.03.2025

Abt. Ringen

Abt. Gymnastik
 Abt. Karate

Frei