# Gymnastikraum TV - Keller der Mangfallhalle

Belegung seit 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** | | | | 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 | | 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 | | | | **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 |
| 19:30 | 19:45 | | | | | | | | 19:30 | 19:45 |
| 19:45 | 20:00 | | | | | | | | 19:45 | 20:00 |
| 20:00 | 20:15 | | **STRONG Nation™** | | **STRONG Nation™** | | | | 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: 15.09.2026**

Abt. Ringen
Schulverein
Abt. Gymnastik
Abt. Karate
Abt. Fußball
Frei