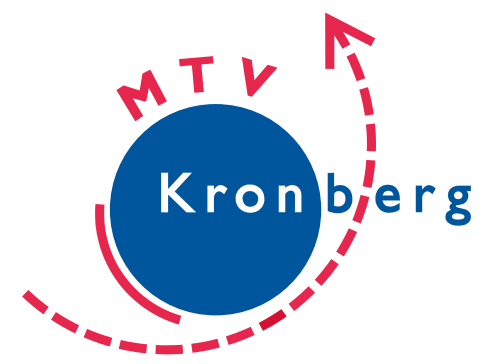


Belegungsplan Gymnastikhalle



	MO	DI	MI	DO	FR	SA	SO
9:00-9:15	Rücken Qi Gong				Fitness-Gymnastik		
9:15-9:30	Rücken Qi Gong	Senioren-sport		50 plus Gymnastik	Fitness-Gymnastik		
9:30-9:45	Rücken Qi Gong	Senioren-sport		50 plus Gymnastik	Fitness-Gymnastik		
9:45-10:00	Rücken Qi Gong	Senioren-sport		50 plus Gymnastik	Fitness-Gymnastik		
10:00-10:15		Senioren-sport	Yoga	50 plus Gymnastik	Sportkindergarten		
10:15-10:30	50 plus Gymnastik		Yoga		Sportkindergarten		
10:30-10:45	50 plus Gymnastik	Mamas Pilates	Yoga		Sportkindergarten		
10:45-11:00	50 plus Gymnastik	Mamas Pilates	Yoga	50 plus Gymnastik	Sportkindergarten		
11:00-11:15	50 plus Gymnastik	Mamas Pilates	Yoga	50 plus Gymnastik		Yoga	
11:15-11:30		Mamas Pilates	Yoga	50 plus Gymnastik		Yoga	
11:30-11:45				50 plus Gymnastik		Yoga	
11:45-12:00	Orthopädie					Yoga	
12:00-12:15	Orthopädie					Yoga	
12:15-12:30	Orthopädie					Yoga	
12:30-12:45						Yoga	
12:45-13:00							
13:00-13:15							
13:15-13:30							
13:30-13:45							
13:45-14:00							
14:00-14:15							
14:15-14:30							
14:30-14:45							
14:45-15:00		Orthopädie					
15:00-15:15	Sportkindergarten	Orthopädie				Judo	
15:15-15:30	Sportkindergarten	Orthopädie				Judo	
15:30-15:45	Sportkindergarten					Judo	
15:45-16:00	Sportkindergarten	Orthopädie				Judo	
16:00-16:15	Sportkindergarten	Orthopädie		Judo	Tanzen	Judo	
16:15-16:30	Sportkindergarten	Orthopädie		Judo	Tanzen	Judo	
16:30-16:45				Judo	Tanzen	Judo	
16:45-17:00		Judo		Judo	Tanzen	Judo	
17:00-17:15		Judo	Fit und mobil	Judo		Judo	
17:15-17:30	Rückenfitness	Judo	Fit und mobil	Judo		Judo	
17:30-17:45	Rückenfitness	Judo	Fit und mobil	Judo		Judo	
17:45-18:00	Rückenfitness		Fit und mobil	Judo		Judo	
18:00-18:15	Rückenfitness	Judo		Judo			
18:15-18:30	Pilates	Judo	Faszien Fitness				
18:30-18:45	Pilates	Judo	Faszien Fitness	Judo	Tanzen		
18:45-19:00	Pilates	Judo	Faszien Fitness	Judo	Tanzen		
19:00-19:15	Pilates	Judo	Faszien Fitness	Judo	Tanzen		
19:15-19:30	Power Yoga	Bodyshaping		Judo	Tanzen		
19:30-19:45	Power Yoga	Bodyshaping	Jumping Fitness	Judo	Tanzen		
19:45-20:00	Power Yoga	Bodyshaping	Jumping Fitness	Judo	Tanzen		
20:00-20:15	Power Yoga	Bodyshaping	Jumping Fitness	Judo	Tanzen		
20:15-20:30	Orthopädie		Jumping Fitness	Judo	Tanzen		
20:30-20:45	Orthopädie		Zumba Fitness	Judo	Tanzen		
20:45-21:00	Orthopädie	Strong by Zumba	Zumba Fitness	Judo	Tanzen		
21:00-21:15	Orthopädie	Strong by Zumba	Zumba Fitness	Judo	Tanzen		
21:15-21:30		Strong by Zumba	Zumba Fitness	Judo	Tanzen		
21:30-21:45		Strong by Zumba		Judo			
21:45-22:00				Judo			
22:00-22:15							
22:15-22:30							
22:30-22:45							
22:45-23:00							