

Belegung Gymnastikraum



| Uhrzeit/Tag | Montag                       | Dienstag                           | Mittwoch                  | Donnerstag                         | Freitag                          | Samstag     | Sonntag       |
|-------------|------------------------------|------------------------------------|---------------------------|------------------------------------|----------------------------------|-------------|---------------|
|             |                              | Zumba Gold                         |                           |                                    | Strong by Zumba<br>08:30 - 09:30 |             |               |
| 09:30       |                              |                                    |                           |                                    |                                  |             |               |
| 10:00       |                              |                                    |                           |                                    | Pilates<br>+Faszientraining      |             |               |
| 10:30       | Feldenkrais 10:30-11:30      | REHA (Orthopädie)<br>10:30 - 11:15 | Evergreens<br>10:30-11:30 | REHA (Orthopädie)<br>10:00 - 10:45 |                                  |             |               |
|             |                              |                                    |                           |                                    |                                  |             |               |
| 13:00       |                              |                                    |                           |                                    |                                  | Tischtennis |               |
| 13:30       |                              |                                    |                           |                                    |                                  |             |               |
| 14:00       |                              |                                    |                           |                                    |                                  |             |               |
| 14:30       |                              |                                    |                           |                                    |                                  |             |               |
| 15:00       |                              |                                    |                           |                                    |                                  |             |               |
| 15:30       |                              |                                    |                           |                                    |                                  |             |               |
| 16:00       |                              |                                    |                           |                                    |                                  |             |               |
| 16:30       |                              |                                    |                           |                                    |                                  |             |               |
| 17:00       |                              | Zumba kids                         |                           |                                    |                                  |             |               |
| 17:30       |                              |                                    |                           |                                    | Tischtennis                      |             |               |
| 18:00       |                              |                                    |                           |                                    |                                  |             |               |
| 18:30       | Fitness                      | Strong Nation                      |                           | Tabata                             |                                  |             |               |
| 19:00       |                              |                                    | Pilates                   |                                    |                                  |             | Strong Nation |
| 19:30       | Zumba Step                   | IN BALANCE<br>Workout              |                           | Rückenfitness                      |                                  |             |               |
| 20:00       |                              |                                    | Zumba                     |                                    |                                  |             |               |
| 20:30       | Low Version Strong<br>Nation |                                    |                           |                                    |                                  |             |               |
| 21:00       |                              |                                    |                           |                                    |                                  |             |               |
| 21:30       |                              |                                    |                           |                                    |                                  |             |               |
| 22:00       |                              |                                    |                           |                                    |                                  |             |               |
| 22:30       |                              |                                    |                           |                                    |                                  |             |               |
|             |                              |                                    |                           |                                    |                                  |             |               |

Legende

Handball

Fußball

Tischtennis

Badminton

Volleyball

Gymnastik