



	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
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	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag														

Rücken Aktiv –
Bewegen statt schonen
9:00–11:00

Aktiv mit und auf dem Stuhl
14:25–15:25

Aktiv 60 plus
15:30–16:45

Reha-Sport:
Knie - Hüfte
16:00–17:00

Reha-Sport:
Wirbelsäulengymnastik
16:45–17:45

Zumba – pausiert
18:00–19:15

Hot Iron
18:00–19:00

Wohlfühlgymnastik
18:00–19:00

Funktionsgymnastik
19:15–20:15

Aerobic
19:15–20:15

Tanzsport
19:00–22:00

Hot Iron
20:15–21:15

Jazz
20:00–22:00

Jazz
20:15–21:45



	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
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	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag														

Volleyball WK
10:00 - 13:00

Schule: Tanzen
15:30 - 17:00

SportMIXKids
16:00-17:15

Turnen 2-4 Kl
16:00-17:00
Turnen ab 5. Kl
17:00-18:30

Badminton
16:00-18:00

Cardio Aktiv
16:30 - 17:40

Freizeit-Turnen
19:15 - 20:45

Volley-Ball Mixed
18:30 - open end

Tisch-Tennis
18:00 - 22:00

Freitagssportler
20:30-21:30



	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag					
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	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag					

Tischtennis WK
13:00-18:15

Tischtennis Kinder
16:30-18:00

Tischtennis Jugend
18:00-19:00

Tischtennis Aktiv
19:00-21:00

Bogenschützen
17:00-20:45

Herzsport
17:30-18:30

Herzsport
18:35-19:35

Fitness-Gymnastik
19:45-20:45

FitMix Jedermann
18:30-19:30

Frauengymnastik
19:45-20:45