



	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						
09:00 - 09:15																											
09:15 - 09:30				Reha-Sport: Wirbelsäulengymnastik																							
09:30 - 09:45																											
09:45 - 10:00				9:00—10:00																							
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14:30 - 14:45				Aktiv mit und auf dem Stuhl																							
14:45 - 15:00																											
15:00 - 15:15				14:25—15:25																							
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15:30 - 15:45				Aktiv 60 plus																							
15:45 - 16:00																											
16:00 - 16:15				15:30—16:45			Reha-Sport: Knie - Hüfte																				
16:15 - 16:30																											
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18:15 - 18:30	Zumba			Hot Iron			?? Cardio Aktiv ??			LaGym			Reha-Sport: Wirbelsäulengymnastik														
18:30 - 18:45	18:15—19:15			18:00—19:00			17:30—18:45			17:15—18:15			16:45—17:45														
18:45 - 19:00																											
19:00 - 19:15																											
19:15 - 19:30	Funktionsgymnastik			Aerobic			Tanzsport			Reha-Sport: Diabetes			Wohlfühlgymnastik														
19:30 - 19:45	19:15—20:15			19:15—20:15						18:20—19:20			18:00—19:00														
19:45 - 20:00																											
20:00 - 20:15																											
20:15 - 20:30	Jazz			Hot Iron																							
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	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag								



		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  
Ab 11:30

Freizeit-Turnen  
19:15 - 20:45

Volleyball Damen  
18:45 - 20:45

Freizeitkicker  
18:45 - 20:00

?? Cardio Aktiv ??  
17:30 - 18:45

Turnen 2-4 Kl  
16:00 - 17:00

Turnen ab 5. Kl  
17:00 - 18:30

Volleyball Mixed  
18:30 - 20:00

Volleyball Hobby  
20:00 - 22:00

Volleyball Damen  
20:30 - 22:30

Freitagssportler  
20:30 - 21:30

Volleyball Mixed  
18:30 - open end

Badminton  
16:00 - 18:00

?? Cardio Aktiv ??  
16:30 - 17:40

Tisch-Tennis WK  
18:00 - 22:00



	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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15:00 - 15:15	Schäffchen: Eltern-Kind 1-3 J. 15:00-16:00																				
15:15 - 15:30																					
15:30 - 15:45	Tiger: Kinderturnen 3-5 J. 16:00-17:00																				
15:45 - 16:00																					
16:00 - 16:15	Gorilla: Vorschulturnen 17:00-18:00																				
16:15 - 16:30																					
16:30 - 16:45	Rehasport: Herzsport 17:30-18:30																				
16:45 - 17:00																					
17:00 - 17:15	PSG Aalen Polizei 19:15-20:45																				
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17:30 - 17:45	Fitness-Gymnastik 19:45-20:45																				
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18:00 - 18:15	Tischtennis Kinder 16:30-18:00																				
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18:30 - 18:45	Tischtennis Jugend 18:00-19:00																				
18:45 - 19:00																					
19:00 - 19:15	FitMix Jedermann 18:30-19:30																				
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19:30 - 19:45	Frauengymnastik 19:45-20:45																				
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20:00 - 20:15	Bogenschützen 17:00-20:45																				
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20:30 - 20:45	Tischtennis WK 13:00-18:15																				
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