

Hallenbelegung Jahnhalle - Stand 18.05.2021

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Freitag
07:45 - 08:00						
08:00 - 08:15						
08:15 - 08:30						
08:30 - 08:45						
08:45 - 09:00						
09:00 - 09:15		Qi Gong 7:45 - 8:45			Qi Gong 7:45 - 8:45	
09:15 - 09:30						
09:30 - 09:45						
09:45 - 10:00		Qi Gong 8:45 - 9:45			Qi Gong 8:45 - 9:45	
10:00 - 10:15						
10:15 - 10:30						
10:30 - 10:45						
10:45 - 11:00						
14:15 - 14:30						
14:30 - 14:45						
14:45 - 15:00						
15:00 - 15:15						
15:15 - 15:30						
15:30 - 15:45						
15:45 - 16:00	Turnen Kid's 3-6 Jahre 15:30 - 16:30		Eltern-Kind-Turnen 1,5- 3 Jahre 15:30 - 16:30			
16:00 - 16:15						
16:15 - 16:30						
16:30 - 16:45						
16:45 - 17:00	Turnen Kid's 6-8 Jahre 16:30 - 17:30			Speedstacking 16:30 - 17:30		
17:00 - 17:15		Präventions- gymnastik Damen 50+ 17:00 - 18:00				
17:15 - 17:30						
17:30 - 17:45	Ho Sin Do traditioneller koreanischer Kampfsport 17:30 - 19:00				Ho Sin Do traditioneller koreanischer Kampfsport 17:00 - 18:30	Klettern 17:00 - 18:30
17:45 - 18:00		Zumba Fitness® 18:00 - 19:00		Tischtennis 17:45 - 19:15		
18:00 - 18:15						
18:15 - 18:30						
18:30 - 18:45						
18:45 - 19:00						
19:00 - 19:15		Reha-Sport 19:00 - 20:00	Konditionstraining Herren 19:00 - 20:30			
19:15 - 19:30						
19:30 - 19:45						
19:45 - 20:00						
20:00 - 20:15				Yoga 19:30 - 21:00		
20:15 - 20:30					Skigymnastik Oktober - März 20:00 - 21:00	
20:30 - 20:45		Groupfitness 20:15 - 21:30				
20:45 - 21:00	Sport&Spiel Herren 50+ 20:00 - 21:45					
21:00 - 21:15						
21:15 - 21:30						
21:30 - 21:45						
21:45 - 22:00						