

# Hallenbelegung Jahnhalle - Stand 10/2025

| Uhrzeit       | Montag                                     | Dienstag                                             | Mittwoch                                         | Donnerstag                                                                                  | Freitag                                         | Freitag                                        |
|---------------|--------------------------------------------|------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------|------------------------------------------------|
| 07:45 - 08:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 08:00 - 08:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 08:15 - 08:30 |                                            | Qi Gong<br>8:00 - 9:00                               |                                                  |                                                                                             | Qi Gong<br>8:00 - 9:00                          |                                                |
| 08:30 - 08:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 08:45 - 09:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 09:00 - 09:15 | Pilates<br>09:00 - 10:00                   |                                                      |                                                  | Evangelische<br>Tagesstätte Sinn<br>Kleinkindturnen<br>8:45 - 11:00                         |                                                 |                                                |
| 09:15 - 09:30 |                                            | Qi Gong<br>9:10 - 10:10                              |                                                  |                                                                                             | Qi Gong<br>9:10 - 10:10                         |                                                |
| 09:30 - 09:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 09:45 - 10:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 10:00 - 10:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 10:15 - 10:30 |                                            |                                                      | Badminton<br>9:30 - 11:30                        |                                                                                             |                                                 |                                                |
| 10:30 - 10:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 10:45 - 11:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 11:00 - 11:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 11:15 - 11:30 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 11:30 - 11:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 11:45 - 12:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 12:00 - 12:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 14:00 - 14:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 14:15 - 14:30 |                                            |                                                      | Yoga kennt kein Alter<br>14:00 - 15:00           |                                                                                             |                                                 |                                                |
| 14:30 - 14:45 | Kindergruppe<br>14:30 - 15:30              |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 14:45 - 15:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 15:00 - 15:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 15:15 - 15:30 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 15:30 - 15:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 15:45 - 16:00 | Turnen Kid's<br>3-6 Jahre<br>15:45 - 16:45 | Eltern-Kind-Turnen<br>1,5-3 Jahre<br>15:30 - 16:30   | Tanzen 3 - 6 Jahre<br>15:15 - 16:15              |                                                                                             |                                                 |                                                |
| 16:00 - 16:15 |                                            |                                                      |                                                  | HipHop Tanzen<br>8-12 Jahre<br>16:00 - 16:50                                                |                                                 |                                                |
| 16:15 - 16:30 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 16:30 - 16:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 16:45 - 17:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 17:00 - 17:15 | Turnen Kid's<br>6-8 Jahre<br>17:00 - 17:50 | Präventions- gymnastik<br>Damen 50+<br>17:00 - 18:00 | Tanzen für Kinder<br>ab 6 Jahre<br>16:30 - 17:30 | Pickleball<br>Kinder 8-12 Jahre<br>16:50 - 18:00<br>Speedstacking<br>16:50 - 18:00 Clubraum |                                                 | Klettern<br>16:30 - 17:30 April -<br>September |
| 17:15 - 17:30 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 17:30 - 17:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 17:45 - 18:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 18:00 - 18:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 18:15 - 18:30 | Tischtennis<br>18:00 - 20:00               | Zumba Fitness®<br>18:00 - 19:00                      | Mobility<br>17:45 - 18:45                        | Tischtennis<br>Kinder+Jugendliche<br>18:00 - 19:30                                          | Pickleball<br>Erwachsene<br>17:00 - 19:00       |                                                |
| 18:30 - 18:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 18:45 - 19:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 19:00 - 19:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 19:15 - 19:30 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 19:30 - 19:45 | Sport&Spiel<br>Herren 50+<br>20:00 - 21:45 | Pickleball<br>Erwachsene<br>19:30 - 21:45            | Konditionstraining<br>Herren<br>19:00 - 20:30    |                                                                                             | Skigymnastik<br>Oktober - März<br>19:00 - 20:00 |                                                |
| 19:45 - 20:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 20:00 - 20:15 |                                            |                                                      |                                                  | Badminton 19:30 -<br>21:00                                                                  |                                                 |                                                |
| 20:15 - 20:30 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 20:30 - 20:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 20:45 - 21:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 21:00 - 21:15 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 21:15 - 21:30 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 21:30 - 21:45 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |
| 21:45 - 22:00 |                                            |                                                      |                                                  |                                                                                             |                                                 |                                                |