

Hallenbelegung Jahnhalle - Stand 02.03.2021

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Freitag	Sonntag
07:45 - 08:00							
08:00 - 08:15							
08:15 - 08:30		Qi Gong 7:45 - 8:45			Qi Gong 7:45 - 8:45		
08:30 - 08:45							
08:45 - 09:00							
09:00 - 09:15		Qi Gong 8:45 - 9:45			Qi Gong 8:45 - 9:45		
09:15 - 09:30							
09:30 - 09:45							
09:45 - 10:00							
10:00 - 10:15							
10:15 - 10:30							
10:30 - 10:45		Kurs Sven Kirsten			Kurs Sven Kirsten		
10:45 - 11:00							
11:00 - 11:15							
11:15 - 11:30							
11:30 - 11:45							
11:45 - 12:00							
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14:30 - 14:45							
14:45 - 15:00							
15:00 - 15:15							
15:15 - 15:30					Kurs Sven Kirsten		
15:30 - 15:45	Turnen Kid's 3-6 Jahre 15:30 - 16:30		Eltern-Kind-Turnen 1,5-3 Jahre 15:30 - 16:30	Kurs Sven Kirsten	Kurs Sven Kirsten		
15:45 - 16:00							
16:00 - 16:15					Kurs Sven Kirsten		
16:15 - 16:30							
16:30 - 16:45	Turnen Kid's 6-8 Jahre 16:30 - 17:30						
16:45 - 17:00					Speedstacking 16:30 - 17:30		
17:00 - 17:15		Präventionsgymnastik Damen 50+ 17:00 - 18:00	Kurs Sven Kirsten				
17:15 - 17:30						Ho Sin Do traditioneller koreanischer Kampfsport 17:00 - 18:30	Klettern 17:00 - 18:30
17:30 - 17:45	Ho Sin Do traditioneller koreanischer Kampfsport 17:30 - 19:00	Zumba Fitness® 18:00 - 19:00	Kurs Sven Kirsten	Präventionssport 17:45 - 19:15			
17:45 - 18:00							
18:00 - 18:15							
18:15 - 18:30							
18:30 - 18:45							
18:45 - 19:00							
19:00 - 19:15							
19:15 - 19:30	Kurs Sven Kirsten	Tischtennis 19:15 - 20:00	Konditionstraining Herren 19:00 - 20:30		Kurs Sven Kirsten		
19:30 - 19:45							
19:45 - 20:00							
20:00 - 20:15	Sport&Spiel Herren 50+ 20:00 - 21:45	Groupfitness 20:15 - 21:30		Yoga 19:45 - 21:15	Skigymnastik Oktober - März 20:00 - 21:00		
20:15 - 20:30							
20:30 - 20:45							
20:45 - 21:00							
21:00 - 21:15							
21:15 - 21:30			Kurs Sven Kirsten				
21:30 - 21:45							
21:45 - 22:00							