

Belegungsplan Spiegelsaal

Stand: Juni 2024

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Zeit	
8:00								8:00	
8:15	Yoga Pilates (Fr. Söllner) VHS							8:15	
8:30								8:30	
8:45								8:45	
9:00								9:00	
9:15							9:15		
9:30	Pilates (Müller)			Topfit ins Alter (Pöhler)				9:30	
9:45								9:45	
10:00		Top Fit ins Alter (Pöhler)				Cheerleading		10:00	
10:15								10:15	
10:30	Senioren-Fit (Müller)								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		
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12:45							12:45		
13:00							13:00		
13:15							13:15		
13:30							13:30		
13:45							13:45		
14:00						Tischtennis optional		14:00	
14:15								14:15	
14:30								14:30	
14:45								14:45	
15:00							15:00		
15:15	Rheumaliga					Tischtennis optional	Tischtennis optional	15:15	
15:30									15:30
15:45									15:45
16:00				Wirbelsäulen-Gymnastik (Poppmeier)				Cheerleading	
16:15						16:15			
16:30							16:30		
16:45		Reserviert Pilates (Müller)					16:45		
17:00			Wirbelsäulengymnastik				17:00		
17:15	Dancing Queen Ü50 (Volkmann)						17:15		
17:30							17:30		
17:45				(VHS) (Poppmeier)				17:45	
18:00							18:00		
18:15							18:15		
18:30	Fit um 7 (Volkmann)	Functional Training (Conny Barnow)	Badminton	Zumba (Regina Barnow)	Tischtennis	Tischtennis optional		18:30	
18:45									
19:00								19:00	
19:15								19:15	
19:30	Power 8 (Poppmeier)	Showtanz TSV (Tanja Rohwer)		Functional Training (Conny Barnow)			19:30		
19:45								19:45	
20:00					Fechten		20:00		
20:15							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							22:00		
22:15							22:15		
22:30							22:30		
22:45							22:45		