

# Belegungsplan Spiegelsaal

Stand: Februar 2024

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