

Sportplatz CI - Bewegungsraum - Belegungsplan



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
15:30 17:30	17:00 18:00	16:30 18:00	17:00 18:30	16:30 17:30	
Fu - U 11 Sportplatz	Fu - U 14 Sportplatz	Fu - U 14 / D7 Sportplatz	Fu - U 13 Sportplatz	Fu - G Junioren Sportplatz	
09:00 10:00	09:00 10:00	10:00 11:00	17:00 19:00		
Reha-Sport (Susanne)	Reha-Sport (Robin)	Fit-Kraft Circle (Kezia/Jörn)	Fu - U 14 Sportplatz		
	10:00 11:00				
10:00 11:00	Reha-Sport (Robin)		19:00 21:00	17:00 19:00	
Fit in die Woche (Susanne)			Fu - U 19 Sportplatz	Taekwo-Do / Alle (Andreas/Henning)	
18:00 19:00	18:00 19:00	19:00 20:00	16:30 17:30		
Reha-Sport (Kezia)	ZUMBA (Heike)	Ha - Damen Aufwärmen (Johanna)	Taekwon-Do/A. (Andreas/Henning)		
				19:00 20:00	
19:00 20:00	19:00 20:00	20:00 21:00	17:30 19:00	Functional Tr (Kezia/Robin)	Donnerstag / Sportheim
Reha-Sport (Kezia)	Fitnessgym (Anke)	Zumba-Fitness (Jasmin)	Taekwon-Do/F. (Andreas/Henning)		18:30 19:30
					Tai - Chi / F (Gisela Bandel)
20:00 21:00			19:00 20:00		
Functional Tr. (Kezia/Robin)			Wirbelsäulengym. (Andreas/Susanne)		19:30 20:30
					Tai - Chi / A (Gisela Bandel)
			20:00 21:00		
			Fitness (Anke)		