

## Hallenbelegungsplan - Gymnastikraum - Frühjahr/ Sommer 2026

| Zeiten               | Montag   | Dienstag          | Mittwoch          | Donnerstag           | Freitag   |
|----------------------|--|-------------------|-------------------|----------------------|---|
| <b>08.00 - 08.45</b> |  |                   |                   |                      |   |
| 08.45 - 09.30        | 9.00 - 10.00                                     |                   |                   |                      |   |
| <b>09.30 - 10.15</b> | <b>Pilates Anna Broll</b>                        |                   |                   |                      |   |
| 10.40 - 11.25        | 10.00 - 11.00                                    |                   |                   |                      |   |
| <b>11.25 - 12.10</b> | <b>Pilates Anna Broll</b>                        |                   |                   |                      |   |
| 12.15 - 13.00        |  |                   |                   |                      |   |
| <b>14.00</b>         |  |                   |                   |                      | 13.30 - 15.00<br><b>Schule</b><br>Karate- AG<br>Uwe Matuschek |
| 14.15                |  |                   |                   |                      |   |
| <b>14.30</b>         | 14.30 - 15.30 Uhr                                |                   |                   |                      |   |
| 14.45                | <b>Karate ab 3 Jahre</b>                         |                   |                   |                      |   |
| <b>15.00</b>         | Sensai Uwe                                       |                   |                   |                      |   |
| 15.15                |  |                   |                   |                      |   |
| <b>15.30</b>         | 15.30 - 16.30 Uhr                                |                   |                   |                      |   |
| 15.45                | <b>Karate ab 8 Jahre</b>                         |                   |                   |                      |   |
| <b>16.00</b>         | Sensai Uwe                                       |                   |                   |                      |   |
| 16.15                |  |                   |                   |                      |   |
| <b>16.30</b>         |  |                   |                   |                      |   |
| 17.00                | 17.00 - 17.45                                    |                   | 17.15 - 18.15     |                      |   |
| <b>18.00</b>         | <b>Flow &amp; Feel Yoga (9-13J.) J. Dittrich</b> |                   | <b>Line Dance</b> | 18.00 - 19.00        |   |
| <b>18.30</b>         | 17.50 - 19.15                                    | 18.30 - 19.30     | Ines Pfluger      | <b>Strong-Nation</b> |   |
| <b>19.00</b>         | <b>Strong Nation</b>                             | <b>Zumba</b>      |                   | Kerstin Geschwentner |   |
| 19.15                | Kerstin Gschwentner                              | Monika Dörflinger | 18.30 - 20.00     |                      |   |
| <b>19.30</b>         | 19.15 - 20.30                                    |                   | <b>Line Dance</b> |                      |   |
| 19.45                | <b>Rest &amp; Recharge Yoga</b>                  |                   | Ines Pfluger      |                      |   |
| <b>20.00</b>         | Jutta Dittrich                                   |                   |                   |                      |   |
| 20.30                |  |                   |                   |                      |   |
|                      |  |                   |                   |                      |   |

| Samstag | Zeiten               |
|---------|----------------------|
|         | <b>08.00 - 08.45</b> |
|         | 08.45 - 09.30        |
|         | <b>09.30 - 10.15</b> |
|         | 10.40 - 11.25        |
|         | <b>11.25 - 12.10</b> |
|         | 12.15 - 13.00        |
|         | <b>14.00</b>         |
|         | 14.15                |
|         | <b>14.30</b>         |
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|         | <b>19.00</b>         |
|         | 19.15                |
|         | <b>19.30</b>         |
|         | 19.45                |
|         | <b>20.00</b>         |
|         | 20.30                |
|         |                      |