

Belegungsplan Jahnturnhalle - 2020

| Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | |
|--------|------------------|----------|----------------------|----------|----------------------|------------|--------------|---------|--------------|---------|-----------|
| 08:00 | | 08:00 | | 08:00 | | 08:00 | | 08:00 | | 08:00 | |
| 08:30 | | 08:30 | | 08:45 | Wirbelsäule | 08:30 | | 08:30 | | 08:30 | |
| 09:00 | | 09:00 | | | | 09:00 | | 09:00 | | 09:00 | |
| 09:30 | Gymn. Brustkrebs | 09:30 | Thekla | 09:45 | Monika Dietrich | 09:30 | | 09:30 | | 09:30 | |
| | " | 10:00 | Babykurs | 10:00 | Fitness-Gym. | 10:00 | PIH | 10:00 | Eltern/Kind | 10:00 | |
| 10:30 | Uschi Hauser | 10:30 | Katrin | | " | | PIH | | Turnen | 10:30 | |
| 11:00 | | 11:00 | Meier | 11:00 | U. Hauser | 11:00 | PIH | 11:00 | B. Kiem | 11:00 | |
| 11:30 | | 11:30 | O. Roth | 11:30 | | 11:30 | | 11:30 | | | Training |
| 12:00 | | 12:00 | Training | 12:00 | | 12:00 | | 12:00 | | | Tuch |
| 12:30 | | 12:30 | Tuch Aerobic | 12:30 | | 12:30 | | 12:30 | | | Acrobatic |
| 13:00 | | 13:00 | | 13:00 | | 13:00 | reserviert | 13:00 | | | 13:00 |
| 13:30 | | 13:30 | | 13:30 | | 13:30 | für | 13:30 | | | 13:30 |
| 14:00 | | 14:00 | vorreserviert | 14:00 | vorreserviert | 14:00 | Tom Mutters | 14:00 | | | 14:00 |
| 14:30 | | 14:30 | vorreserviert | 14:30 | vorreserviert | 14:30 | Schule | 14:30 | | | 14:30 |
| 15:00 | YOGA | 15:00 | vorreserviert | 15:00 | vorreserviert | 15:00 | S. Muhm | 15:00 | | | 15:00 |
| | | 15:30 | Zumba | 15:45 | K-Turnen 4-6 Jahre | 15:30 | Fitness Gym. | 15:30 | Eltern/Kind | 15:30 | |
| 16:00 | Fr. Schöllig | 16:00 | Kinder | 16:45 | | 16:30 | M. Dietrich | | Turnen | 16:00 | |
| 16:00 | Ballschule | 16:30 | M. Urnauer | | Eltern/Kind Turnen | | Step | 16:30 | Kinderturnen | 16:30 | |
| 17:00 | | 16:45 | Fechten | | | | Aerobic | | | | 17:00 |
| 17:30 | Wirbelsäule | | | 17:45 | M. Preuss | 17:30 | M. Dietrich | 17:30 | A. Spiegel | 17:30 | |
| | | | | 18:15 | Yoga | 18:00 | Fechten | 18:00 | Aerobic | | 18:00 |
| | | 18:45 | | | | | | | | | 18:30 |
| | | 19:00 | Wirbelsäule | 19:45 | K. Nießner | | | | | | 19:00 |
| | | | | 19:45 | Jazztanz | | | | | | 19:30 |
| 19:45 | U. Schreiber | 20:00 | U. Hauser | | | | | 20:00 | G. Ziesemann | 20:00 | |
| 20:00 | | 20:00 | Zumba | | | | | 20:00 | Jedermann | 20:30 | |
| | | 20:30 | Erw. | | | 21:00 | | | | | 21:00 |
| | | 21:00 | M. Urnauer | 21:45 | S. Kohlbacher | 21:30 | | | | | 21:30 |
| | | 21:30 | | 22:00 | | 22:00 | | 22:00 | K.Bamberger | 22:00 | |

Dienstags vo 19:00 - 21:00 Gymnastik mit K. Grosman in der Schiller Real Schule