

Belegungsplan Gymnastikraum Winter 2018/2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	Vormittag					
09:00			08.30 - 09.30	09:00 - 10:45		
09:15			Indoor-cycling	Senioren-		
09:30			Graupner Sandy	gymnastik		
09:45				Eiblmeier Christa		
10:00						10.00 - 12.00
10:15						GG
10:30						Vera Bart
10:45						
11:00						
11:15						
11:30						
11:45						
12:00						
12:15						
12:30						
	Nachmittag					
14:15						
14:30		14.30 - 16.00			14.30 - 18.15	
14:45		Mini GG			GG 8-15 Jahre	
15:00		Spieß Doris			Bart Vera	
15:15						
15:30						
15:45						
16:00						
16:15						
16:30						
16:45		16.45 - 18.00				
17:00		Power GG				
17:15		Vera Bart				
17:30						
17:45	17.45 - 18.45		17.45 - 18.45			
18:00	Indoor-cycling		Indoor-cycling			
18:15	Führer Bettina	18.15 - 19.15	Bache Max	18.15 - 19.15		
18:30		Step Workout		Indoor-cycling	18.30 - 19.30	
18:45		Starnecker Manuela		Markus Seidl/Tina	Indoor-cycling	
19:00	19:00 - 20:00		19.00 - 20.00		Graupner Sandy	
19:15	Rückenfit		Bodystyling			
19:30	Führer Bettina	19.30 - 20.30	Zirhut Gerdi	19.30 - 20.30		
19:45		Indoor-cycling		Zumba		
20:00		Starnecker Rudi		Irina		
20:15						
20:30						
20:45						
21:00						

Stand 14.09.2018