

## Belegungsplan Gymnastikraum

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	<b>Vormittag</b>				
09:00			09.00 - 10.00	09:00 - 10:45	
09:15			<b>Indoor-cycling</b>	<b>Senioren-</b>	
09:30			Sandy Graupner	<b>gymnastik</b>	
09:45				Christa Eiblmeier	
10:00					
10:15					
10:30					
10:45					
11:00					
11:15					
11:30					
11:45					
12:00					
12:15					
12:30					
	<b>Nachmittag</b>				
14:15					
14:30		14.30 - 18.00			
14:45		<b>Mini GG</b>			
15:00		<b>Twirling Anfänger</b>			15.00 - 18.15
15:15		<b>Twirling Fortgeschr.</b>			<b>GG 8-15 Jahre</b>
15:30		Vera Bart			Vera Bart
15:45					
16:00					
16:15					
16:30					
16:45					
17:00					
17:15					
17:30					
17:45	17.45 - 18.45		17.45 - 18.45		
18:00	<b>Indoor-cycling</b>		<b>Indoor-cycling</b>	18.00 - 19.00	
18:15	Bettina Führer	18.15 - 19.15	Max Bache	<b>Indoor-cycling</b>	
18:30		<b>Step Workout</b>		Markus Seidl/Tina	18.30 - 19.30
18:45		Manuela Starnecker			<b>Indoor-cycling</b>
19:00	19.00 - 20.00		19.00 - 20.00		Markus Seidl/Tina
19:15	<b>Rückenfit</b>		<b>Bodystyling</b>		
19:30	Bettina Führer	19.30 - 20.30	Gerdi Zirhut		
19:45		<b>Indoor-cycling</b>			
20:00		Rudi Starnecker			
20:15					
20:30					
20:45					
21:00					

Stand 06.10.2017