

## Belegungsplan Gymnastikraum Winter 2021/2022

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	<b>Vormittag</b>					
09:00			Senioren-Gymnastik			
09:15			09.00 - 10.00			
09:30			Zirhut Gerdi			
09:45						
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						
14:45						
15:00						
15:15						
15:30						
15:45						
16:00						
16:15						
16:30						
16:45						
17:00						
17:15						
17:30						
17:45						
18:00	Step Workout	Indoor-cycling	Indoor-cycling	Fußball Herren 1		
18:15	18.00 - 19.00	18.00 - 19.00	18.00 - 19.00	18.00 - 19.30		
18:30	Starnecker Manuela	Graupner Sandy	Seidl	Brehm Jochen		
18:45				bis März		
19:00			Indoor-cycling			
19:15	Indoor-cycling	Bodystyling	19.00 - 20.00			
19:30	19.15 - 20.15	19.15 - 20.15				
19:45	Starnecker Rudi	Zirhut Gerdi				
20:00	Indoor-cycling					
20:15	20.00 - 21.00					
20:30	Bache Max					
20:45						
21:00						

Stand 07.10.2021