

# **Belegung Kindergarten-Halle**

| Montag                                                | Dienstag                                         | Mittwoch                                       | Donnerstag                                       | Freitag                                                                 | Samstag |
|-------------------------------------------------------|--------------------------------------------------|------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------|---------|
| 15:00 - 17:30<br>Kiga<br>Pekip<br><b>NICHT TSV!!!</b> | 16:00 - 17:00<br>Senioren<br>Abt. Gymnastik      |                                                | 16:30 - 17:30<br>Robe Skipping<br>Abt. Aerobic   | 14:00 bis 17:00<br>Tanz<br>Daniela Stricker<br><b>NICHT TSV!!!</b>      |         |
| 17:45 - 18:30<br>Jumping Fitness<br>Abt. Aerobic      | 17:30 - 18:30<br>Soft Jumping<br>Abt. Aerobic    | 18:00 - 19:00<br>Wellness<br>Berti Steinhauser | 17:45 - 18:45<br>Rope Skipping<br>Abt. Aerobic   | 17:15 - 18:00<br>Abt. Turnen                                            |         |
| 18:40 - 19:40<br>Step-Fitness<br>Abt. Aerobic         | 18:40 - 19:40<br>Flexi Bar<br>Abt. Aerobic       | 19:15 - 20:15<br>Wellness<br>Berti Steinhauser | 19:00 - 19:45<br>Jumping Fitness<br>Abt. Aerobic | 18:00 - 19:00<br>Herz-Kreislauf<br>Sport pro Gesundheit<br>Abt. Aerobic |         |
| 19:45 - 20:45<br>Revivel Stunde<br>ab Januar<br>2025  | 19:45 - 20:30<br>Jumping Fitness<br>Abt. Aerobic |                                                | 20:00 - 21:00<br>Power Workout<br>Abt. Aerobic   |                                                                         |         |

Stand 09/2024

