

Hallenbelegung Jahnhalle - Stand 18.11.2021

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
07:45 - 08:00							
08:00 - 08:15		Qi Gong 7:45 - 8:45			Qi Gong 7:45 - 8:45		
08:15 - 08:30							
08:30 - 08:45							
08:45 - 09:00							
09:00 - 09:15		Qi Gong 8:45 - 9:45			Qi Gong 8:45 - 9:45		
09:15 - 09:30							
09:30 - 09:45							
09:45 - 10:00							
10:00 - 10:15							
10:15 - 10:30		Kurs externer Mieter 10:00 - 11:00			Kurs externer Mieter 10:00 - 11:00		
10:30 - 10:45							
10:45 - 11:00							
11:00 - 11:15							
11:15 - 11:30							
11:30 - 11:45							
11:45 - 12:00							
12:00 - 12:15							
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14:00 - 14:15							
14:15 - 14:30							
14:30 - 14:45							
14:45 - 15:00							
15:00 - 15:15							
15:15 - 15:30					Kurs externer Mieter 15:00 - 16:00		
15:30 - 15:45							
15:45 - 16:00	Turnen Kid's 3-6 Jahre 15:30 - 16:30	Eltern-Kind-Turnen 1,5-3 Jahre 15:30 - 16:30		Kurs externer Mieter 15:30 - 16:30		Kletter AG JG Schule Ehringshausen 15:15 - 16:30	
16:00 - 16:15							
16:15 - 16:30							
16:30 - 16:45							
16:45 - 17:00	Turnen Kid's 6-8 Jahre 16:30 - 17:30				Kurs externer Mieter 16:00 - 17:00		
17:00 - 17:15		Präventions- gymnastik Damen 50+ 17:00 - 18:00	Kurs externer Mieter 16:45 - 17:45	Speedstacking 16:30 - 17:30		Klettern 16:30 - 18:00	
17:15 - 17:30							
17:30 - 17:45							
17:45 - 18:00							
18:00 - 18:15	Tischtennis 17:30 - 18:45						
18:15 - 18:30		Zumba Fitness® 18:00 - 19:00	Kurs externer Mieter 17:45 - 18:45	Tischtennis 17:45 - 19:15			
18:30 - 18:45							
18:45 - 19:00							
19:00 - 19:15							
19:15 - 19:30	Kurs externer Mieter 19:00 - 20:00	Reha-Sport 19:00 - 20:00	Konditionstraining Herren 19:00 - 20:30		Kurs externer Mieter 18:30 - 20:00		
19:30 - 19:45							
19:45 - 20:00							
20:00 - 20:15							
20:15 - 20:30							
20:30 - 20:45							
20:45 - 21:00	Sport&Spiel Herren 50+ 20:00 - 21:45	Groupfitness 20:15 - 21:30		Yoga 19:30 - 21:00	Skigymnastik Oktober - März 20:00 - 21:00		
21:00 - 21:15							
21:15 - 21:30							
21:30 - 21:45							
21:45 - 22:00							