Belegung Josef-Becker- Halle Stand: Oktober 2024

	Mo		Di		Mi		Do		Fr		Sa		So		
Zeit	Sportart	U-Leiter	Sportart	U-Leiter	Sportart	U-Leiter	Sportart	U-Leiter	Sportart	U-Leiter	Sportart	U-Leiter	Sportart	U-Leiter	Zeit
07:50-08.00															
08.00-08.30															08.00-08.30
08.30-09.00		7							Fit ins Wochenende FUF	Y.Girschik					08.30-09.00
09.00-09.30															09.00-09.30
09.30-09.45			Eltern Kind EK1	C.Attabra	Eltern Kind EK2	Nina Pietschmann	Morgenfitness 50+ M50	B.Vester							09.30-09.45
09.45-10.00	Fit mit Gym FMG	S. Ferreira													09.45-10.00
10.00-10.30									kleine Strolche KLS	Y.Girschik					10.00-10.30
10.30-10.45															10.30-10.45
10.45-11.00							Morgenfitness 50+ M50								10.45-11.00
11.00-11.30															11.00-11.30
11.30-11.45	Fit in die Woche BWT	A. Kämper													11.30-11.45
11.30-12.00															11.30-12.00
12.00-12.15															12.00-12.15
12.15-12.30															12.15-12.30
12.30-13.00															12.30-13.00
13.00-13.30															13.00-13.30
13.30-14.00															13.30-14.00
14.00-14.15															14.00-14.15
14:15-14:30															14:15-14:30
14.30-15.00															14.30-15.00
15.00-15.15															15.00-15.15
15.15-15.30	Kinder 3 - 4 Jahre KI1	C. Attabra													15.15-15.30
15.30-15:45							Eltern Kind EK2	C. Bruneit							15.30-15:45
15:45-16:00			Eltern Kind EK4	M. Bruneit											15:45-16:00
16.00-16.15	Kinder 3 - 4 Jahre KI6	C. Attabra													16.00-16.15
16.15-16.30															16.15-16.30
16.30-16:45			Kinder 3 - 4 Jahre KI5	M. Bruneit			Kinder 3-4 KI2	C. Bruneit							16.30-16.45
16:45-17:00															16.45-17.00
17.00-17.15															17.00-17.15
17.15-17.30					aktiv bis 100 ABH	S.Ferreira	Dance & Fit 7-10 DFM1	L.Hörster							17.15-17.30
17.30-18.00															17.30-18.00
18.00-18.15	Herz Reha HE2	S. Beltz	Herz Reha HE3	A.Kämper											18.00-18.15
18:15-18:30															18:15-18:30
18.30-18.45					Gesund bewegen GES	V. Kniller	Dance & Fit 7-10 DFM2								18.30-18.45
18.45-19.00	Wirbels. Gym WSG	E. Klepzig													18.45-19.00
19.00-19.30															19.00-19.30
19.30-19.45			Hery Rea HE1	C Hector			Fit ab 50 F50	I. Semmelr	Dance & Fit DFE	M. Sauer					19.30-19.45
19.45-20.00					Full-Body-Workout RFS	S. Fischer									19.45-20.00
20.00-20.30	Wirbels. Gym WSG						Rücken Power RPW	E. Klepzig							20.00-20.30
20.30-20:45															20.30-21.00
20:45-21:00															20:45-21:00
21.00-21.30															21.00-21.30
21.30-22.00															21.30-22.00