

Belegungsplan des Mehrzweckraumes im ADH Frühjahr / Sommer 2016

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Zeit
08:00 - 08:15						08:00 - 08:15
08:15 - 08:30	Funktions-					08:15 - 08:30
08:30 - 08:45	gymnastik	Körperfitness	Energy		Rücken fit	08:30 - 08:45
08:45 - 09:00		für Sie und Ihn	Dance			08:45 - 09:00
09:00 - 09:15						09:00 - 09:15
09:15 - 09:30	Johanna Benz	Thekla	Johanna		Regina	09:15 - 09:30
09:30 - 09:45		Keller	Benz		Walcher	09:30 - 09:45
09:45 - 10:00						09:45 - 10:00
10:00 - 10:15				Kanga Training		10:00 - 10:15
10:15 - 10:30				Kurs		10:15 - 10:30
10:30 - 10:45				Susanne		10:30 - 10:45
10:45 - 11:00				Hanwalter		10:45 - 11:00
11:00 - 11:15						11:00 - 11:15
11:15 - 11:30						11:15 - 11:30
11:30 - 11:45						11:30 - 11:45
11:45 - 12:00						11:45 - 12:00
12:00 - 12:15						12:00 - 12:15
12:15 - 12:30						12:15 - 12:30
12:30 - 12:45						12:30 - 12:45
12:45 - 13:00						12:45 - 13:00
13:00 - 13:15						13:00 - 13:15
13:15 - 13:30						13:15 - 13:30
13:30 - 13:45			Ballett			13:30 - 13:45
13:45 - 14:00					Ballett	13:45 - 14:00
14:00 - 14:15						14:00 - 14:15
14:15 - 14:30					Andrea Aicher	14:15 - 14:30
14:30 - 14:45						14:30 - 14:45
14:45 - 15:00						14:45 - 15:00
15:00 - 15:15						15:00 - 15:15
15:15 - 15:30						15:15 - 15:30
15:30 - 15:45			Andrea Aicher		Ballett	15:30 - 15:45
15:45 - 16:00						15:45 - 16:00
16:00 - 16:15						16:00 - 16:15
16:15 - 16:30						16:15 - 16:30
16:30 - 16:45			Ballett		Andrea Aicher	16:30 - 16:45
16:45 - 17:00						16:45 - 17:00
17:00 - 17:15						17:00 - 17:15
17:15 - 17:30			Andrea Aicher		Ballett	17:15 - 17:30
17:30 - 17:45	Ballett					17:30 - 17:45
17:45 - 18:00	Klassisches					17:45 - 18:00
18:00 - 18:15	Ballett				Andrea Aicher	18:00 - 18:15
18:15 - 18:30	Anneliese Winkler					18:15 - 18:30
18:30 - 18:45		Senioren-sport				18:30 - 18:45
18:45 - 19:00					Jazz-Danz	18:45 - 19:00
19:00 - 19:15	Step	Claudia	Fitnessgymnastik	Ballett	ab 12 Jahre	19:00 - 19:15
19:15 - 19:30	Aerobic	Sturm	Petra und	Damen	Andrea Aicher	19:15 - 19:30
19:30 - 19:45	Bauch, Beine , Po		Markus Holl	Kurs		19:30 - 19:45
19:45 - 20:00	Gymnastik	Körperpfade				19:45 - 20:00
20:00 - 20:15	Bianca	Wege ins		Andrea		20:00 - 20:15
20:15 - 20:30	Bilicky	Gleichgewicht	Ashtanga Yoga	Aicher		20:15 - 20:30
20:30 - 20:45		Kurs	Kurs	Yoga		20:30 - 20:45
20:45 - 21:00	Energy-	Doris	Lisa Boehlke	sanft		20:45 - 21:00
21:00 - 21:15	Dance	Edenhofer-Bünte		Kurs		21:00 - 21:15
21:15 - 21:30						21:15 - 21:30
21:30 - 21:45	Johanna Benz			Marion Fiedel		21:30 - 21:45
21:45 - 22:00						21:45 - 22:00