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| --- | --- | --- | --- | --- | --- |
| **Stundenplan** | **Erwachsene** | **Ab 13.09** |  |  |  |
|  |  |  |  |  |  |
| **Turnhalle** |  |  |  |  |  |
|  |  |  |  |  |  |
| Montag | Halle |  |  | Ansprechpartner |  |
| 19:30 – 22.00 | ganz | Tischtennis |  | Wolfgang | 1673 |
|  |  |  |  |  |  |
| Dienstag |  |  |  |  |  |
| 18:00 – 20:00 | ganz | Volleyball Damen II |  | Chantal | 0157 – 85957370 |
| 20:00 – 22:00 | ganz | Volleyball Damen I |  | Beate | 952250 |
|  |  |  |  |  |  |
| Mittwoch |  |  |  |  |  |
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|  |  |  |  |  |  |
| Donnerstag |  |  |  |  |  |
| 18:00 – 20:00 | ganz | Volleyball Damen I |  | Beate | 952250 |
| 20:00 – 22:00 | halb | Tischtennis Spieltage |  | Wolfgang | 1673 |
| 20:00 – 22:00 | halb | Challenge unlimited |  | Katja | 9529598 |
|  |  |  |  |  |  |
| Freitag |  |  |  |  |  |
| 20:00 – 22:00 | ganz | Volleyball Herren |  | Michael | 94279 |
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| **Gymnastikraum** |  |  |  |  |  |
|  |  |  |  |  |  |
| Montag |  |  |  |  |  |
| 17:30 – 18:15 |  | Beweglich sein |  | Liane | 952722 |
| 18:30 – 19:30 | Beginn nach den Herbstferien | Happy Sweat |  | Janina | 0152 / 02127917 |
| 19:30 – 20:30 |  | Fitness Frauen |  | Manuela | 7031 |
|  |  |  |  |  |  |
| Dienstag |  |  |  |  |  |
| 18:30 – 19:30 |  | Gesunder Rücken |  | Sybille (Vertretung durch Birgit) | 995775 |
| 19:30 – 20:15 |  | Fitness Mix |  | Sybille (Vertretung durch Birgit) | 995775 |
|  |  |  |  |  |  |
| Mittwoch |  |  |  |  |  |
| 17:30 – 19:00 |  | Junggebliebene |  | Ute | 94247 |
| 19:00 – 20:30 |  | Vital von Kopf bis Fuß |  | Ute | 94247 |
|  |  |  |  |  |  |
| Donnerstag |  |  |  |  |  |
| 19:00 – 20:00 | ab 23.09.21 | Power Hour |  | Daniela | 0176 / 21697656 |
|  |  |  |  |  |  |
| Freitag |  |  |  |  |  |
| 8:30 – 9:30 |  | Pilates-Kurs |  | Doris | 9525760 |