

|       | Montag             |                      |                                     | Dienstag                    |            |                  | Mittwoch    |                    |                       | Donnerstag                                    |             |             | Freitag                   |             |             |
|-------|--------------------|----------------------|-------------------------------------|-----------------------------|------------|------------------|-------------|--------------------|-----------------------|---|-------------|-------------|---------------------------|-------------|-------------|
| 15:00 |                    |                      |                                     |                             |            |                  |             |                    |                       |   |             |             | Eltern-Kind-Turnen        |             |             |
| 15:30 | Turnen 6-9 Jahre   |                      |                                     | Kinderturnen 3 ½ - 4 Jahre  |            |                  |             |                    |                       | Turnen  |             |             | 1-2 ½ Jahre (15:00-16:00) |             |             |
| 16:00 | 15:30 – 17:00      |                      |                                     | 15:30 - 16:30 (ohne Eltern) |            |                  |             |                    |                       | 6-9 Jahre                                     |             |             | Eltern-Kind- Turnen       |             | Tischtennis |
| 16:15 |                    |                      |                                     |                             |            |                  |             |                    |                       | 15:30-18:00                                   | Turnen      | FuBa WiSe   | 2 ½ -3 Jahre              |             | Jugend      |
| 16:30 | Turnen 10-12 Jahre |                      |                                     | Kinderturnen 5 – 6 Jahre    |            |                  |             |                    |                       |   | 10-12 Jahre | FuBa WiSe   | 16:00-17:00               |             | 16:00-18:15 |
| 16:45 | 16:30 – 18:00      |                      |                                     | 16:30 - 17:30 (ohne Eltern) |            |                  |             |                    |                       |   | 16:00-18:00 |             |                           |             |             |
| 17:00 |                    |                      |                                     |                             |            |                  |             |                    |                       |   |             | FuBa WiSe   | Turnen                    | Turnen      |             |
| 17:15 |                    |                      |                                     |                             |            |                  |             |                    |                       |   |             |             | Grundlagen                | Grundlagen  |             |
| 17:30 | Turnen             |                      | Jugendtreff<br>Amt Hohe<br>Elbgeest | Badminton                   | Golf-Club  | „Fit over<br>60“ | FuBa WiSe   |                    | Bambinis              |   |             | FuBa WiSe   | Gruppe 1                  | Gruppe 2    |             |
| 17:45 | Jug. / Erw         |                      | 17:30-19:00                         | Jugend                      | Escheburg  |                  | 17:00-18:00 | 2016 F-Jugend      |                       |   |             |             |                           | 17:00-18:00 | 17:00-18:00 |
| 18:00 |                    |                      |                                     |                             |            |                  |             | Jugend FW          |                       |   |             |             | Turnen                    | Jugend-     |             |
| 18:15 |                    |                      |                                     |                             |            |                  |             | Kröppels-<br>Hagen | FuBa WiSe             | Rücken in<br>Bewegung                         | Bodyfit     |             | Jug / Erw                 | Feuerwehr   |             |
| 18:30 |                    |                      |                                     |                             |            |                  |             | nur gerade         | E-Jugend              | 18:00-19:00                                   | 18:00-19:00 |             | 18:00-21:00               | Escheburg   |             |
| 18:45 |                    |                      |                                     |                             |            |                  |             | Wochen             |                       |   |             |             |                           | 18:00-20:00 |             |
| 19:00 |                    |                      |                                     | Tischtennis                 | Badminton  |                  | 18:00-19:30 |                    | Karate                | Funktio-<br>nelles<br>Ganzkörper-<br>training | Badminton   | Tischtennis |                           |             | Volleyball  |
| 19:15 |                    |                      |                                     | Erwachsene                  | Erwachsene |                  |             |                    | 19:00-20:30           |   | Erwachsene  | Erwachsene  |                           |             | 19:00-21:30 |
| 19:30 | Workout            | <del>Kondition</del> | ← Trainer/-<br>in gesucht<br>!!!    |                             |            |                  |             |                    |                       | 19:00-20:00                                   | 19:00-21:30 | 19:00-22:00 |                           |             | Ü16         |
| 20:00 | 19:30-20:30        | 19:30-20:30          |                                     |                             |            |                  |             |                    |                       |   |             |             |                           |             |             |
| 20:30 |                    |                      |                                     |                             |            |                  |             |                    | Freiwillige Feuerwehr |   |             |             |                           |             |             |
| 21:00 |                    |                      |                                     |                             |            |                  |             |                    | Hohe Elbgeest         |   |             |             |                           |             |             |
| 21:30 |                    |                      |                                     |                             |            |                  |             |                    | 20:30 – 22:30         |   |             |             |                           |             |             |
| 22:00 |                    |                      |                                     |                             |            |                  |             |                    |                       |   |             |             |                           |             |             |

|       | Montag                          | Dienstag   | Mittwoch                        | Donnerstag                | Freitag               |
|-------|---------------------------------|--|---------------------------------|---------------------------|-----------------------|
| 06:30 |                                 |  |                                 |                           | Pilates 06:30 – 07:30 |
| 07:30 |                                 |  |                                 |                           |                       |
| 08:30 |                                 |  |                                 |                           | Pilates 07:45 – 08:45 |
| 09:00 |                                 |  |                                 |                           |                       |
| 10:00 |                                 |  |                                 |                           |                       |
| 10:30 |                                 |  |                                 |                           |                       |
| 11:30 |                                 |  |                                 |                           |                       |
| 12:30 |                                 |  |                                 |                           |                       |
|       |                                 |  |                                 |                           |                       |
| 18:15 |                                 |  |                                 |                           |                       |
| 18:30 | Indoor-Cycling<br>18:30 – 19:45 | Nordic Walking<br>Treffen vor der Halle<br>18:30 – 20:00 | Indoor-Cycling<br>18:30 – 19:45 |                           |                       |
| 18:45 |                                 |  |                                 |                           |                       |
| 19:00 |                                 |  |                                 |                           |                       |
| 19:15 |                                 |  |                                 |                           |                       |
| 19:30 |                                 |  |                                 | Hatha Yoga 19:30 – 20:30  |                       |
| 19:45 |                                 |  |                                 |                           |                       |
| 20:00 |                                 |  |                                 |                           |                       |
| 20:15 |                                 |  | Reserviert für Sitzungen        |                           |                       |
| 20:30 |                                 |  |                                 | Tanzen im Gemeindezentrum |                       |
| 21:00 |                                 |  |                                 | 20:15 – 21:45             |                       |
| 21:30 |                                 |  |                                 |                           |                       |