

# BELEGUNGSPLAN – BALLETTSAAL

KW 03 / 2028

| Zeit  | Montag<br>17.01.                             | Dienstag<br>18.01.                           | Mittwoch<br>19.01.                           | Donnerstag<br>20.01.                                       | Freitag<br>21.01.                                  | Samstag<br>22.01.                                           | Sonntag<br>23.01.          | Zeit  |
|-------|----------------------------------------------|----------------------------------------------|----------------------------------------------|------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------|----------------------------|-------|
| 08:00 |                                              |                                              |                                              |                                                            |                                                    |                                                             |                            | 08:00 |
| 09:00 |                                              |                                              |                                              | Rückenfit<br>Kraft & Fitness<br>09:00 - 10:00              | Freizeitsport<br>09:15 - 10:00                     | Kreative Kindertanzstunde<br>Freizeitsport<br>09:00 - 10:00 |                            | 09:00 |
| 10:00 | Pilates<br>Gesundheitssport<br>10:00 - 11:00 | Qigong<br>Gesundheitssport<br>10:00 - 11:00  |                                              |                                                            |                                                    | Kinderballett<br>Freizeitsport<br>10:00 - 11:00             | Karate<br>10:00 - 12:00    | 10:00 |
| 11:00 |                                              |                                              |                                              | Rehasport / Herzsport<br>Gesundheitssport<br>11:30 - 13:00 |                                                    | Yoga<br>Gesundheitssport<br>11:00 - 12:00                   |                            | 11:00 |
| 12:00 |                                              |                                              |                                              |                                                            |                                                    |                                                             |                            | 12:00 |
| 13:00 |                                              | Fit+60<br>13:30 - 15:00                      |                                              |                                                            |                                                    |                                                             |                            | 13:00 |
| 14:00 |                                              |                                              |                                              |                                                            |                                                    |                                                             |                            | 14:00 |
| 15:00 |                                              | Kinderyoga<br>Freizeitsport<br>15:00 - 17:00 |                                              | Fit+60<br>15:30 - 16:45                                    | Karate<br>15:30 - 17:00                            |                                                             |                            | 15:00 |
| 16:00 | Turnen<br>16:00 - 18:30                      |                                              |                                              |                                                            |                                                    |                                                             | Tanzsport<br>16:30 - 19:30 | 16:00 |
| 17:00 |                                              |                                              |                                              | Tischtennis<br>17:15 - 18:00                               | Turnen<br>17:00 - 17:30<br>Karate<br>17:30 - 18:30 |                                                             |                            | 17:00 |
| 18:00 | Tanzsport<br>18:30 - 20:00                   | Line Dance<br>Tanzsport<br>18:00 - 19:00     | Turnen<br>18:15 - 19:00                      | Yoga<br>Gesundheitssport<br>18:00 - 19:15                  | Zumba Step<br>Freizeitsport<br>18:30 - 19:30       |                                                             |                            | 18:00 |
| 19:00 |                                              | Qigong<br>Gesundheitssport<br>19:00 - 20:30  | Pilates<br>Gesundheitssport<br>19:00 - 20:00 | Yoga<br>Gesundheitssport<br>19:15 - 20:30                  |                                                    |                                                             |                            | 19:00 |
| 20:00 | Tanzsport<br>20:00 - 21:30                   |                                              |                                              | Tanzsport<br>20:30 - 22:00                                 | Tanzsport<br>20:00 - 22:00                         |                                                             |                            | 20:00 |
| 21:00 |                                              |                                              |                                              |                                                            |                                                    |                                                             |                            | 21:00 |
| 22:00 |                                              |                                              |                                              |                                                            |                                                    |                                                             |                            | 22:00 |
| 23:00 |                                              |                                              |                                              |                                                            |                                                    |                                                             |                            | 23:00 |