07.10. - 12.10.2024 KW 41

	Montag - 07.10.24					Dienstag - 08.10.24			Mittwoch - 09.10.24			Donnerstag - 10.10.24			Freitag - 11.10.24		Samstag - 12.10.24
	TV Halle	TV Saal	extern			TV Halle	TV Saal	extern	TV Halle	TV Saal	extern	TV Halle	TV Saal	extern	TV Halle	TV Saal	extern
08:00																	**Hallenbad**
08:15															08:15 - 09:15		08:00 - 10:00
08:30		08:30 - 09:15				08:30 - 09:30				08.30 - 09.45					**Balance**		
08:45		**Reha**				**Wirbelsäule**				**BBP,**					TV Halle		**Wassergymn.**
09:00		TV Saal				TV Halle				TV Saal				09:00 - 10:00			
09:15		09:15 - 09:45												**Nordic Walking**	09:15 - 10:00		
09:30		FU				09:30 - 10:30								Volkspark	**Zumba**		
09:45						**Beckenboden**									TV Halle,		
10:00		10:00 - 11:00				TV Halle									10:00 - 10:30		**Parc**
10:15		**Korce**													**BBP,** TV Halle		08:00 - 13:00
10:30		TV Saal								10:00 - 10:45							
10:45								10:45 - 12:00		**Reha**					10:45 - 11:15		**Wassergymn.**
11:00								**Kraftsport Ü60**		TV Saal			10:30 - 11:30		**FU**-Hocker		
11:15								Kraftraum		10:45 - 11:15			**Herz-Kreisl. Ü60**				
11:30										**FU**			TV Saal				
11:45																	
12:00																	
12:15														12:15 - 13:15			
12:30														**Aquajogging**			
12:45														Hallenbad			
13:00											13:00 - 14:00						
13:15											**Wassergymn.**						
13:30											St. Lukas						
16:30																	
16:45																	
17:00		17:00 - 18:15											17:00 - 17:45		17.00 - 18.00	17:00 - 17:45	
17:15		**Line Dance**											**Reha**		**CBW**	**Reha**	
17:30		TV Saal				17:30 - 18:30							TV Saal		TV Halle	TV Saal	
17:45	17:45 - 18:45		17:45 - 18:45			**CBW**			17:45 - 18:45				17:45 - 18:15				
18:00	**Indoor Cycling**		**Tabata**	18:00 - 19:00	18:00 - 18:30	**TV Halle**			**Langhantel**	18:00 - 18:45		18:00 - 19:00	**FU**, TV Saal		18:00 - 19:00		
18:15	TV Halle	18:15 - 19:30	BBS	**Wirbelsäule**	**FU**, St. Lukas				TV Halle	**Reha**		**Hot Iron**			**HIIT**		
18:30		**Line Dance**		Mühlenschule	18:30 - 19:00					TV Saal		TV Halle			TV Saal		
18:45		TV Saal			**FU**, St. Lukas												
19:00	19:00 - 20:00			19:00 - 20:00		19:00 - 20:00			19:00 - 20:00	19:00 - 20:00		19:00 - 20:00					
19:15	**Step Aerobic**			**Zumba**		**Hot Iron**			**Step Aerobic**	**Balance**		**Zumba**					
19:30	TV Halle			Mühlenschule		TV Halle			TV Halle	TV Saal		TV Halle					
19:45		19:45 - 20:30															
20:00		**Reha**				20:00 - 21:00											
20:15	20:15 - 21:15	TV Saal				**Kamibo**			20:15 - 21:15	20:15 - 21:15		20:15 - 21:15					
20:30	**Langhantel**					TV Halle			**Indoor Cycling**	**Zumba**		**CBW**					
20:45	TV Halle								TV Halle	TV Saal		TV Halle					
21:00					21:00 - 22:00												
21:30					**Aquajogging**												
21:30					Hallenbad												
21:45																	
22:00																	