

MONTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		
8:00					8:00	
8:15					8:15	
8:30				Qi-Gong 8:30-9:45 (ab 18 Jahre)	8:30	
8:45					8:45	
9:00				Katharina Böhm	9:00	
9:15			Fitness - Gymnastik 9:15-10:30 (ab 18 Jahre)		9:15	
9:30					9:30	
9:45					9:45	
10:00					10:00	
10:15			Gudrun Nolze		10:15	
10:30					10:30	
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12:45					12:45	
13:00	belegt 13:00-15:00			belegt 13:00-15:00		13:00
13:15						13:15
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15:15					15:15	
15:30					15:30	
15:45	Ballspielstunde 15:45-16:45 (3 - 6 Jahre) Claudia Ringlstetter		Karate 15:30-16:30 (5 - 8 Jahre) Manfred Billinger		15:45	
16:00			Karate 16:40-17:40 (9 - 15 Jahre) Manfred Billinger		16:00	
16:15					16:15	
16:30			Karate 17:50-19:00 (8 - 15 Jahre / Fortgeschrittene) Björn Clos	Reha Sport 17:30-18:30 Björn Clos	16:30	
16:45						16:45
17:00	Handball 17:00-18:30 Mannschaft C Claudia Ringlstetter					17:00
17:15						17:15
17:30						17:30
17:45				17:45		
18:00				18:00		
18:15				18:15		
18:30				18:30		
18:45	Hip Hop / Kurs II 18:40-19:40 (ab 16 Jahren/ Anfänger) Justina Wagner		Manfred Billinger	Hip Hop / Kurs I 18:30-19:30 (12 - 15 Jahre / Anfänger) Justina Wagner	18:45	
19:00			Step Aerobic 19:00-20:45		19:00	
19:15					19:15	
19:30				19:30		
19:45	Hip Hop Contest			19:45		
20:00				20:00		
20:15	19:40-21:10			20:15		
20:30				20:30		
20:45				20:45		
21:00	Justina Wagner			21:00		
21:15				21:15		
21:30				21:30		
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23:00				23:00		

DIENSTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR			
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8:15					8:15		
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9:15					9:15		
9:30	belegt 9:30-11:30			belegt 9:30-11:00	9:30		
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14:30					14:30		
14:45					14:45		
15:00			Eltern-Kind-Turnen 15:00-16:00 (1 - 3 Jahre) Matthias Lossa		15:00		
15:15					15:15		
15:30					15:30		
15:45					15:45		
16:00	KidsSport 16:00-17:00 (3 - 5 Jahre) Laura Nitzinger	KidsSport 16:00-17:00 (6 - 9 Jahre) Matthias Lossa			16:00		
16:15				16:15			
16:30				16:30			
16:45				16:45			
17:00			Tanzsport 17:00-19:00 (7 - 12 Jahre) Sandra Seibold		17:00		
17:15	Trakour 17:15-18:30 (ab 9 Jahre) Matthias Lossa				17:15		
17:30					17:30		
17:45					17:45		
18:00					18:00		
18:15					Rückenschule 17:45-18:45 (ab 18 Jahre) C. Schilling-Cwickel	18:15	
18:30						18:30	
18:45	Senioren Gymnastik 18:45-19:45 (ab 18 Jahre) Reinhard Luger	Zirkel-Training 18:45-19:45 (ab 16 Jahre) Matthias Lossa			18:45		
19:00					Tanzsport 19:00-21:30 Duos / Solos Sandra Seibold	Frauengymnastik 19:00-20:00 (ab 18 Jahre) Gerda Schöfer	19:00
19:15							19:15
19:30							19:30
19:45		19:45					
20:00	Badminton 19:45-22:45 (ab 18 Jahre) Werner Klinger				20:00		
20:15						20:15	
20:30						20:30	
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21:45						21:45	
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22:45					22:45		
23:00					23:00		

MITTWOCH

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR	
8:00					8:00
8:15					8:15
8:30					8:30
8:45					8:45
9:00	belegt 9:00-10:30				9:00
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14:30				14:30	
14:45				14:45	
15:00				15:00	
15:15				15:15	
15:30	ab November	KidsSport 15:30-17:00 (1 - 3 Jahre)			15:30
15:45					15:45
16:00					16:00
16:15					16:15
16:30					16:30
16:45			Laura Nitzinger		16:45
17:00			Handball 17:00-18:30 Mannschaft C + D		17:00
17:15				17:15	
17:30				17:30	
17:45				17:45	
18:00				Rückenschule 18:00-19:00 (ab 18 Jahre) C. Schilling-Cwickel	18:00
18:15		Claudia Ringlstetter			18:15
18:30	Bogenschützen 18:30-20:00 (Anfänger/Jugend)	Handball 18:30-19:30	Geräte-Intensiv 18:30-19:30 (12 - 18 Jahre)		18:30
18:45					18:45
19:00					19:00
19:15	Georg Nitzinger	Claudia Ringlstetter	Stephan Heilmeier	Rückenschule 19:15-20:15 (ab 18 Jahre) C. Schilling-Cwickel	19:15
19:30			Volleyball f. Senioren		19:30
19:45		Ultimate Frisbee 19:45-22:00 (ab 16 Jahre)	19:30-20:30 (ab 65 Jahre) Hans Wagner		19:45
20:00	Bogenschützen 20:00-21:00 (Fortgeschrittene) S. und G. Nitzinger		Ultimate Frisbee 20:30-22:00 (ab 16 Jahre)		20:00
20:15					20:15
20:30					20:30
20:45					20:45
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21:15					21:15
21:30					21:30
21:45			Sebastian Haas		21:45
22:00					22:00
22:15					22:15
22:30					22:30
22:45					22:45
23:00					23:00

DONNERSTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR	
8:00					8:00
8:15					8:15
8:30					8:30
8:45					8:45
9:00				Seniorengym. 9:00-10:00 (ab 65 Jahre) Claudia Ringlstetter	9:00
9:15					9:15
9:30	belegt 9:30-11:30			belegt 10:00-11:30	9:30
9:45					9:45
10:00					10:00
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15:30					15:30
15:45					15:45
16:00	Rope Skipping 16:00-17:30 (ab 6 Jahre)			Karate 15:50-16:50 (5 - 8 Jahre) Iwan d' Ravellier	16:00
16:15					16:15
16:30				16:30	
16:45				16:45	
17:00				17:00	
17:15	Claudia Ringlstetter			17:15	
17:30	KidsSport 17:30-18:30 (9 - 12 Jahre)			17:30	
17:45				17:45	
18:00				18:00	
18:15	Laura Nitzinger			18:15	
18:30	Reha Sport 18:30-19:30 (ab 18 Jahre) Björn Clos		Karate 18:10-19:30 (8 - 15 Jahre / Fortgeschrittene) Iwan d' Ravellier	Yoga 18:20-19:40 (ab 10 Jahre) Theresa Stoiber	18:30
18:45					
19:00		Skigymnastik 19:00-20:00 (Okt. - März) Horst Strobel		19:00	
19:15				19:15	
19:30				19:30	
19:45				19:45	
20:00	Badminton 20:00-22:45 (Okt.-März) 19:45-22:45 (März-Okt.) (ab 18 Jahre) Werner Klinger			Karate 19:45-21:15 Erwachsene Max Altinger	20:00
20:15					20:15
20:30					20:30
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22:00				22:00	
22:15				22:15	
22:30				22:30	
22:45				22:45	
23:00				23:00	

ab Dezember

FREITAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR	
8:00					8:00
8:15					8:15
8:30					8:30
8:45					8:45
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14:00					14:00
14:15					14:15
14:30					14:30
14:45					14:45
15:00	KidsSport				15:00
15:15	15:00-16:00				15:15
15:30	(3 - 5 Jahre)				15:30
15:45	Laura Nitzinger				15:45
16:00				Tanzsport	16:00
16:15	KidsSport		Kindergeräteturnen	16:00-17:00	16:15
16:30	16:15-17:15		16:15-17:45	(5 - 8 Jahre)	16:30
16:45	(5 - 7 Jahre)		(6 - 11 Jahre)	Sandra Hackmann	16:45
17:00	Nici Ringlstetter			Tanzsport	17:00
17:15				17:00-18:00	17:15
17:30	Handball		Daniela Djukic	(9 - 11 Jahre)	17:30
17:45	17:30-19:00		Jugend-	Sandra Hackmann	17:45
18:00	Mannschaft E		Geräteturnen	Hip Hop	18:00
18:15			17:45-19:15	Contest	18:15
18:30			(12 - 18 Jahre)	18:00-20:00	18:30
18:45	Claudia Ringlstetter				18:45
19:00	Handball		Stephan Heilmeyer		19:00
19:15	19:00-20:30				19:15
19:30	Mannschaft C + D				19:30
19:45					19:45
20:00				Justina Wagner	20:00
20:15	Claudia Ringlstetter				20:15
20:30	Basketball	Fussball			20:30
20:45	20:30-22:00	20:30-22:30			20:45
21:00	(ab 16 Jahre)				21:00
21:15					21:15
21:30					21:30
21:45	Michael Krämer				21:45
22:00					22:00
22:15		Josef Nemeskeri			22:15
22:30					22:30
22:45					22:45
23:00					23:00

SAMSTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR	
8:00					8:00
8:15					8:15
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11:45					11:45
12:00	belegt 12:00-15:00				12:00
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14:45		14:45			
15:00	belegt 15:00-20:00				15:00
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17:45		17:45			
18:00			Kanga Jumps	18:00	
18:15			18:00-19:00	18:15	
18:30				18:30	
18:45			Lydia Hader	18:45	
19:00				19:00	
19:15				19:15	
19:30				19:30	
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SONNTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR				
8:00					8:00			
8:15					8:15			
8:30					8:30			
8:45					8:45			
9:00					9:00			
9:15					9:15			
9:30					9:30			
9:45					9:45			
10:00		playtime 10:00-11:00 (1 - 6 Jahre) Laura Nitzinger, Andreas Klinger			10:00			
10:15				10:15				
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15:15					15:15			
15:30					15:30			
15:45					15:45			
16:00	Badminton 16:00-18:00 (ab 18 Jahre) Thomas Bergmeier				16:00			
16:15					16:15			
16:30					16:30			
16:45					16:45			
17:00	Bogenschützen 18:00-19:30 (Anfänger/Jugend) Georg Nitzinger			Dart 17:00-20:00 (ab 12 Jahre) Silvia Kaiser		17:00		
17:15						17:15		
17:30						17:30		
17:45						17:45		
18:00				Square Dance 18:00-20:30 (ab 14 Jahre) Jürgen Zerrmann				18:00
18:15								18:15
18:30	18:30							
18:45	18:45							
19:00	19:00							
19:15	19:15							
19:30	Bogenschützen 19:30-21:00 (Fortgeschrittene) S. und G. Nitzinger				19:30			
19:45					19:45			
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