

MONTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		Kegelbahn	Tennisplatz	Karl-Hei		
8:00					8:00			8:00		
8:15					8:15			8:15		
8:30				Qi-Gong 8:30-9:45 (ab 18 Jahre) Katharina Bhm	8:30			8:30		
8:45					8:45			8:45		
9:00	belegt				9:00			9:00		
9:15		Fitness - Gymnastik 9:15-10:30 (ab 18 Jahre) Gudrun Nolze			9:15			9:15		
9:30					9:30			9:30		
9:45					9:45			9:45		
10:00					10:00			10:00		
10:15					10:15			10:15		
10:30					10:30			10:30		
10:45				10:45			10:45			
11:00					11:00			11:00		
11:15					11:15			11:15		
11:30					11:30			11:30		
11:45					11:45			11:45		
12:00					12:00			12:00		
12:15					12:15			12:15		
12:30					12:30			12:30		
12:45					12:45			12:45		
13:00	belegt			belegt	13:00			13:00		
13:15					13:15			13:15		
13:30					13:30			13:30		
13:45					13:45			13:45		
14:00					14:00			14:00		
14:15					14:15			14:15		
14:30					14:30			14:30		
14:45					14:45			14:45		
15:00					15:00	Tennis 15:00-17:00		15:00		
15:15					15:15			15:15		
15:30					15:30			15:30		
15:45					15:45			15:45		
16:00	Ballspielstunde 16:00-17:00 (3 - 6 Jahre) Claudia Ringlstetter				16:00			16:00		
16:15					16:15		16:15			
16:30					16:30		16:30			
16:45					16:45		16:45			
17:00					17:00			17:00		
17:15			Karate 17:00-18:00 (ab 4 Jahre / Anfnger) Iwan d' Ravellier		17:15			17:15		
17:30					17:30			17:30		
17:45					17:45			17:45		
18:00	Hip Hop / Contest 18:00-19:30 (Fortgeschrittene) Justina Wagner		Karate 18:00-19:00 (9 - 15 J. / Fortgeschrittene) Iwan d' Ravellier	belegt	18:00	Kegeln 18:00-23:00 (ab 16 Jahre)		18:00		
18:15							18:15		18:15	
18:30							18:30		18:30	
18:45							18:45		18:45	
19:00					19:00				19:00	
19:15				belegt	19:15				19:15	
19:30	Hip Hop / Kurs II 19:30-20:30 (ab 18 J. / Anfnger) Justina Wagner		Aero Fitness / Step 19:15-20:00 Petra Mantler		19:30				19:30	
19:45							19:45			19:45
20:00							20:00			20:00
20:15					Hula-Hoop 20:00-20:45 Petra Mantler		20:15			20:15
20:30								20:30		
20:45			20:45						20:45	
21:00			Jumping Fitness 20:45-21:15 Petra Mantler				21:00			21:00
21:15							21:15			21:15
21:30					21:30				21:30	
21:45					21:45				21:45	
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22:30					22:30				22:30	
22:45					22:45				22:45	

MONTAG

DIENSTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		Kegelbahn	Tennisplatz	Karl-Hei	
8:00					8:00			8:00	
8:15					8:15			8:15	
8:30					8:30			8:30	
8:45					8:45			8:45	
9:00					9:00			9:00	
9:15					9:15			9:15	
9:30	belegt				9:30			9:30	
9:45					9:45			9:45	
10:00					10:00			10:00	
10:15					10:15			10:15	
10:30					10:30			10:30	
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14:15					14:15			14:15	
14:30					14:30			14:30	
14:45					14:45			14:45	
15:00	KidsSport 15:00-15:50 (3 - 6 Jahre) Matthias Lossa		Eltern-Kind-Turnen 15:00-15:50 (1 - 3 Jahre) Matthias Lossa		15:00	Tennis 15:00-17.00		15:00	
15:15					15:15			15:15	
15:30					15:30			15:30	
15:45					15:45			15:45	
16:00	KidsSport 16:10-17:00 (6 - 9 Jahre) Matthias Lossa				16:00			16:00	
16:15					16:15			16:15	
16:30				Rckenschule 16:30 - 17:30 (alle 2 Wochen) C. Schilling-Cwickel	16:30			16:30	
16:45					16:45			16:45	
17:00	Trakour 17:15-18:30 (ab 9 Jahre) Matthias Lossa		Hip Hop / Kurs I 17:00-18:30 (Anfnger) Justina Wagner		17:00			17:00	
17:15					17:15			17:15	
17:30					17:30			17:30	
17:45				Rckenschule 17:45-18:45 (wchentlich) C. Schilling-Cwickel	17:45			17:45	
18:00		18:00			18:00				
18:15	Zirkel-Training 18:45-19:45 (ab 16 Jahre) Matthias Lossa		Hip Hop / Contest 18:30-19:45 (Fortgeschrittene) Justina Wagner		18:15			18:15	
18:30					18:30			18:30	
18:45					18:45			18:45	
19:00				Frauengymnastik 19:00-20:00 (ab 18 Jahre) Gerda Schfer	19:00	Skigymnastik 19:00-20:00 (Okt. - Mrz) Reinhard Cwickel		19:00	
19:15		19:15			19:15				
19:30		19:30		19:30					
19:45		19:45		19:45					
20:00	Badminton 19:45-22:45 (ab 18 Jahre) Werner Klinger	P-Class 19:45-21:15 Petra Mantler		20:00			20:00		
20:15				20:15			20:15		
20:30			20:30		20:30				
20:45			20:45		20:45				
21:00			21:00		21:00				
21:15			21:15		21:15				
21:30			21:30		21:30				
21:45			21:45		21:45				
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22:15			22:15		22:15				
22:30			22:30		22:30				
22:45			22:45		22:45				

DIENSTAG

MITTWOCH

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		Kegelbahn	Tennisplatz	Karl-Hei	
8:00					8:00				8:00
8:15					8:15				8:15
8:30					8:30				8:30
8:45					8:45				8:45
9:00	belegt				9:00				9:00
9:15					9:15				9:15
9:30					9:30				9:30
9:45					9:45				9:45
10:00					10:00				10:00
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15:15					15:15				15:15
15:30					15:30				15:30
15:45					15:45				15:45
16:00	Leichtathletik 16:00-17:00 (4-7 Jahre)				16:00				16:00
16:15					16:15				16:15
16:30					16:30				16:30
16:45					16:45				16:45
17:00					17:00				17:00
17:15	Leichtathletik 17:15-18:15 (8-11 Jahre)				17:15				17:15
17:30					17:30				17:30
17:45					17:45				17:45
18:00									18:00
18:15	Bogenschtzen 18:30-20:00 (Anfnger/Jugend)			Rckenschule 18:00-19:00 (ab 18 Jahre) C. Schilling-Cwickel	18:15				18:15
18:30					18:30				18:30
18:45					18:45				18:45
19:00					19:00				19:00
19:15				Rckenschule 19:15-20:15 (ab 18 Jahre) C. Schilling-Cwickel	19:15				19:15
19:30			Volleyball f. Senioren 19:30-20:30 (ab 65 Jahre) Hans Wagner		19:30				19:30
19:45					19:45				19:45
20:00	Bogenschtzen 20:00-21:00 (Fortgeschrittene)					20:00			
20:15				20:15				20:15	
20:30				20:30				20:30	
20:45				20:45				20:45	
21:00					21:00				21:00
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21:30					21:30				21:30
21:45					21:45				21:45
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22:15					22:15				22:15
22:30					22:30				22:30
22:45					22:45				22:45
23:00					23:00				23:00

MITTWOCH

DONNERSTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		Kegelbahn	Tennisplatz	Karl-Hei		
8:00					8:00				8:00	
8:15					8:15				8:15	
8:30					8:30				8:30	
8:45					8:45				8:45	
9:00				Seniorengym. 9:00-10:00 (ab 65 Jahre) Claudia Ringlstetter	9:00				9:00	
9:15					9:15				9:15	
9:30	belegt				9:30				9:30	
9:45								9:45		
10:00				belegt			10:00			10:00
10:15										10:15
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14:30					14:30				14:30	
14:45					14:45				14:45	
15:00					15:00				15:00	
15:15					15:15				15:15	
15:30	Rope Skipping 15:30-16:45 (ab 6 Jahre / Anfnger)				15:30				15:30	
15:45					15:45				15:45	
16:00					16:00				16:00	
16:15					16:15				16:15	
16:30	Claudia Ringlstetter				16:30				16:30	
16:45	Rope Skipping 16:45-18:00 (ab 6 Jahre / Fortgeschrittene)				16:45				16:45	
17:00			Karate 17:00-18:00 (ab 4 Jahre / Anfnger) Iwan d' Ravellier		17:00	Tennis 17:00-19:00			17:00	
17:15					17:15				17:15	
17:30			Showtanz 17:30-18:30 (4 - 6 Jahre) Sandra Hackmann		17:30				17:30	
17:45		17:45			17:45					
18:00			Karate 18:00-19:00 (9 - 15 J. / Fortgeschrittene) Iwan d' Ravellier		18:00				18:00	
18:15					18:15				18:15	
18:30					18:30				18:30	
18:45					18:45				18:45	
19:00		Skigymnastik 19:00-20:00 (Okt. - Mrz) Horst Strobel			19:00				19:00	
19:15					19:15				19:15	
19:30					19:30				19:30	
19:45					19:45				19:45	
20:00	Badminton 20:00-22:45 19:45-22:45 (ab 18 Jahre)		(Okt.-Mrz)	Karate 19:45-21:15 Erwachsene	20:00				20:00	
20:15									20:15	
20:30			(Mrz-Okt.)		20:30				20:30	
20:45					20:45				20:45	
21:00				21:00				21:00		
21:15				21:15				21:15		
21:30				21:30				21:30		
21:45				21:45				21:45		
22:00				22:00				22:00		
22:15				22:15				22:15		
22:30				22:30				22:30		
22:45					22:45				22:45	

DONNERSTAG

FREITAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		Kegelbahn	Tennisplatz	Karl-Hei	
8:00					8:00				8:00
8:15					8:15				8:15
8:30					8:30				8:30
8:45					8:45				8:45
9:00					9:00				9:00
9:15					9:15				9:15
9:30				Kanga 9:30-10:30 Jaqueline Wrage	9:30				9:30
9:45					9:45				9:45
10:00					10:00				10:00
10:15					10:15				10:15
10:30					10:30				10:30
10:45					10:45				10:45
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14:30					14:30				14:30
14:45					14:45				14:45
15:00	KidsSport 15:00-16:00 (3 - 5 Jahre) Matthias Lossa				15:00				15:00
15:15					15:15				15:15
15:30					15:30				15:30
15:45					15:45				15:45
16:00				Showtanz 16:00-18:00 (8 - 15 Jahre) Sandra Hackmann	16:00				16:00
16:15	KidsSport 16:15-17:15 (5 - 7 Jahre)				16:15				16:15
16:30					16:30				16:30
16:45					16:45				16:45
17:00					17:00				17:00
17:15					17:15				17:15
17:30	belegt				17:30				17:30
17:45					17:45				17:45
18:00					18:00			Karate 18:00-19:00 Anfnger Alexander Aigner	18:00
18:15					18:15				18:15
18:30					18:30			Karate 19:00-20:30 Fortgeschrittene Patrick Wiesner	18:30
18:45					18:45				18:45
19:00					19:00				19:00
19:15					19:15				19:15
19:30					19:30				19:30
19:45					19:45				19:45
20:00	Basketball 20:00-22:00 (ab 16 Jahre)				20:00				20:00
20:15					20:15				20:15
20:30		Fussball 20:30-22:30			20:30				20:30
20:45					20:45				20:45
21:00					21:00				21:00
21:15	Michael Krmer				21:15				21:15
21:30					21:30				21:30
21:45					21:45				21:45
22:00					22:00				22:00
22:15			Josef Nemeskeri		22:15				22:15
22:30					22:30				22:30
22:45					22:45				22:45
23:00					23:00				23:00

FREITAG

SAMSTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		Kegelbahn	Tennisplatz	Karl-Hei	
8:00					8:00				8:00
8:15					8:15				8:15
8:30	Gerteturnen 8:30-10:00 (3 - 5 Jahre)				8:30				8:30
8:45					8:45				8:45
9:00					9:00				9:00
9:15					9:15				9:15
9:30					9:30				9:30
9:45					9:45				9:45
10:00					10:00				10:00
10:15					10:15				10:15
10:30	Gerteturnen 10:30-12:00 (6 - 12 Jahre)				10:30				10:30
10:45					10:45				10:45
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13:45					13:45				13:45
14:00	Cricket ab 14.00				14:00				14:00
14:15					14:15				14:15
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22:30					22:30				22:30
22:45					22:45				22:45
23:00					23:00				23:00

SAMSTAG

SONNTAG

	VfL Halle 1	VfL Halle 2	VfL Halle 3	MZR		Kegelbahn	Tennisplatz	Karl-Hei				
8:00					8:00				8:00			
8:15					8:15				8:15			
8:30					8:30				8:30			
8:45					8:45				8:45			
9:00					9:00				9:00			
9:15					9:15				9:15			
9:30					9:30				9:30			
9:45					9:45				9:45			
10:00	playtime			Fam. Yoga	10:00				10:00			
10:15	10:00-11:00			10:00-11:00	10:15				10:15			
10:30	(1 - 6 Jahre)			(ab 16 Jahre)	10:30				10:30			
10:45	Andreas Klinger			Theresa Stoiber	10:45				10:45			
11:00					11:00				11:00			
11:15	belegt				11:15				11:15			
11:30					11:30				11:30			
11:45					11:45				11:45			
12:00					12:00				12:00			
12:15					12:15				12:15			
12:30					12:30				12:30			
12:45					12:45				12:45			
13:00							13:00				13:00	
13:15				13:15				13:15				
13:30	Gerteturnen Intensiv				13:30				13:30			
13:45	13:30-15:30				13:45				13:45			
14:00	(ab 12 Jahre)				14:00				14:00			
14:15	Daniela Djukic				14:15				14:15			
14:30					14:30				14:30			
14:45					14:45				14:45			
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15:15					15:15				15:15			
15:30							15:30				15:30	
15:45							15:45				15:45	
16:00				Badminton				16:00				16:00
16:15	16:00-18:00				16:15				16:15			
16:30	(ab 18 Jahre)				16:30				16:30			
16:45	Thomas Bergmeier				16:45				16:45			
17:00				Dart	17:00				17:00			
17:15					17:15				17:15			
17:30					17:30				17:30			
17:45					17:45				17:45			
18:00					Bogenschtzen		Silvia Kaiser	18:00				18:00
18:15					18:00-19:30			18:15				18:15
18:30					(Anfnger/Jugend)			18:30				18:30
18:45	Bogenschtzen		18:45						18:45			
19:00			19:00						19:00			
19:15			19:15						19:15			
19:30			19:30						19:30			
19:45			19:45						19:45			
20:00			20:00					20:00				
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