

Belegung Gymnastikraum

Stand 10/22

| Zeiten | | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|--------|-------|-------------------------|----------------------|-----------------------|----------------------|------------------------|
| 08:30 | 09:00 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 09:00 | 09:30 | TV RADOLFZELL | Fitness 1 | Yoga | Beckenboden 1 | TV RADOLFZELL |
| 09:30 | 10:00 | Fitness | 09:00 - 10:00 | 09:00 - 10:30 | 09:00 - 10:00 | DRK /Yoga |
| 10:00 | 10:30 | 09:30 - 10:30 | Fitness 2 | | Beckenboden 2 | 09:30 - 11:00 |
| 10:30 | 11:00 | TV RADOLFZELL | 10:00 - 11:00 | TV RADOLFZELL | 10:00 - 11:00 | |
| 11:00 | 11:30 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 11:30 | 12:00 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 12:00 | 12:30 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 12:30 | 13:00 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 13:00 | 13:30 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 13:30 | 14:00 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 14:00 | 14:30 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 14:30 | 15:00 | Inklusionssport | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 15:00 | 15:30 | 14:30 - 16:00 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 15:30 | 16:00 | | TV RADOLFZELL | Eltern-Kind | TV RADOLFZELL | TV RADOLFZELL |
| 16:00 | 16:30 | Eltern-Kind Mini | TV RADOLFZELL | Turnen | TV RADOLFZELL | TV RADOLFZELL |
| 16:30 | 17:00 | 16:00 - 17:00 | TV RADOLFZELL | 15:30 - 17:00 | TV RADOLFZELL | Leichtathletik |
| 17:00 | 17:30 | TV RADOLFZELL | TV RADOLFZELL | Leichtathletik | TV RADOLFZELL | U16+ |
| 17:30 | 18:00 | TV RADOLFZELL | TV RADOLFZELL | 17:00 - 18:00 | TV RADOLFZELL | 16:30 - 18:30 |
| 18:00 | 18:30 | DRK /Yoga | Yoga Kurs 1 | ZUMBA | Fitness 50+ | |
| 18:30 | 19:00 | 18:00 - 19:30 | 18:00-19:00 | 18:00 - 20:00 | 18:00 - 19:30 | Gymnastik |
| 19:00 | 19:30 | | Yoga Kurs 2 | | | Männerriege 70+ |
| 19:30 | 20:00 | Gymnastik | 19:00 - 20:00 | | Fitness 30+ | 18:30 - 20:00 |
| 20:00 | 20:30 | 19:30 - 20:30 | TV RADOLFZELL | TV RADOLFZELL | 19:30 - 20:30 | TV RADOLFZELL |
| 20:30 | 21:00 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 21:00 | 21:30 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |
| 21:30 | 22:00 | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL | TV RADOLFZELL |