

Zeit	MO	DI	MI	DO	FR	SA	SO
08:00 - 08:15		Schulsport					
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15:00 - 15:15			Tanzsportgruppe	Turnen			
15:15 - 15:30			Solisten	Gymnastik			
15:30 - 15:45			alle	für Senioren			
15:45 - 16:00			Altersgruppen				
16:00 - 16:15							Schwimmen
16:15 - 16:30							Fußball
16:30 - 16:45		Turnen					
16:45 - 17:00		Kleinkinder- Turnstunde			Schwimmen		
17:00 - 17:15	Turnen		Rollschuh	Turnen	Trocken- training		
17:15 - 17:30	Parkour		Training	Neigungsgruppe			
17:30 - 17:45	Jugendliche	Turnen	Jugend	Geräteturnen			
17:45 - 18:00		Neigungsgruppe	männlich				
18:00 - 18:15		Geräteturnen	weiblich				
18:15 - 18:30					Rollschuh		
18:30 - 18:45	Turnen				Training		
18:45 - 19:00	Gymnastik				Jugend		
19:00 - 19:15	für	Turnen	Turnen	Koronarsport	männlich		
19:15 - 19:30	Damen	Fitnessgymnastik	Wirbelsäulen- Gymnastik		weiblich		
19:30 - 19:45		für Damen					
19:45 - 20:00	Turnen						
20:00 - 20:15	Zumba	Turnen	Turnen	Turnen			
20:15 - 20:30		Gymnastik	Wirbelsäulen- Gymnastik	Gymnastik			
20:30 - 20:45		für		für Damen			
20:45 - 21:00	Turnen	Männer					
21:00 - 21:15	Parkour						
21:15 - 21:30	Erwachsene						
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15:00 - 15:15					Tanzsportgruppe		
15:15 - 15:30					Jugend		
15:30 - 15:45					5-10 Jahre		
15:45 - 16:00							
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16:45 - 17:00							
17:00 - 17:15		Turnen			Tanzsportgruppe		
17:15 - 17:30		Dance for Kids			Junioren		
17:30 - 17:45		3-8 Jahre			11-15 Jahre		
17:45 - 18:00							
18:00 - 18:15		Turnen		Koronarsport			Tanzen
18:15 - 18:30		Dance for life					Tanzkreis
18:30 - 18:45		9-17 Jahre					
18:45 - 19:00							
19:00 - 19:15		Tischtennis	Turnen		Tanzsportgruppe		
19:15 - 19:30		Training	Step-Aerobic	Koronarsport	Ü15		
19:30 - 19:45					ab 15 Jahre		
19:45 - 20:00							
20:00 - 20:15			Turnen				
20:15 - 20:30			ZUMBA®				
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Zeit	MO	DI	MI	DO	FR	SA	SO
08:00 - 08:15	Schule	Schule	Schule	Schule	Schule		
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14:00 - 14:15					Handball		
14:15 - 14:30					Training		
14:30 - 14:45					C-Jugend m		
14:45 - 15:00					D-Jugend m		
15:00 - 15:15							
15:15 - 15:30							
15:30 - 15:45	Handball				Handball		
15:45 - 16:00	Training				Training		
16:00 - 16:15	D-Jugend w				E-Jugend m w		
16:15 - 16:30					MINIS		
16:30 - 16:45							
16:45 - 17:00	Handball		Handball		Handball		
17:00 - 17:15	Training	Handball	Training	Handball	Training		
17:15 - 17:30	C-Jugend m	Training	D-Jugend m	Training	C-Jugend w		
17:30 - 17:45	D-Jugend m	C-Jugend w	E-Jugend m w	A-Jugend m	D-Jugend w		
17:45 - 18:00				B-Jugend m			
18:00 - 18:15				C-Jugend m			
18:15 - 18:30	Handball		Handball				
18:30 - 18:45	Training		Training		Handball		
18:45 - 19:00	Herren I+II		Damen		Training		
19:00 - 19:15	A-Jugend m		A-Jugend w	Turnen	Herren I+II		
19:15 - 19:30	B-Jugend m			Fit mit Tscharlo			
19:30 - 19:45				1/3 Halle			
19:45 - 20:00					Handball		
20:00 - 20:15			Handball		Training		
20:15 - 20:30			Training		Damen		
20:30 - 20:45			Herren I+II		A-Jugend w		
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08:00 - 08:15	Berufsschule	Berufsschule	Berufsschule	Berufsschule	Berufsschule		
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18:30 - 18:45					Turnen		
18:45 - 19:00					HORCH-Sport!		
19:00 - 19:15		Leichtathletik			ganze Familie		
19:15 - 19:30		Training					
19:30 - 19:45		Jugend					
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Zeit	MO	DI	MI	DO	FR	SA	SO
08:00 - 08:15	Kreuzbergschule	Kreuzbergschule	Kreuzbergschule	Kreuzbergschule	Kreuzbergschule		
08:15 - 08:30							
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09:00 - 09:15						Tanzsportgruppe Gardetanz	
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19:00 - 19:15			Tanzsportgruppe Training				
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20:00 - 20:15			Basketball Training				
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10:00 - 10:15	Allgemein						
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15:00 - 15:15							Schwimmen
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17:00 - 17:15							Allgemein
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18:30 - 18:45	Leichtathletik						
18:45 - 19:00	Handball						
19:00 - 19:15	Training	Leichtathletik	Turnen		Rollschuh		
19:15 - 19:30		Training	Training		Training		
19:30 - 19:45			Wirbelsäulen-				
19:45 - 20:00			gymnastik				
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14:00 - 14:15						Nordic Walking	
14:15 - 14:30						ab Parkplatz	
14:30 - 14:45						TVM-Halle	
14:45 - 15:00						(im Winter)	
15:00 - 15:15							
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15:45 - 16:00							
16:00 - 16:15	SCHWIMMEN						
16:15 - 16:30	HALLENBAD						
16:30 - 16:45	Schüler/Jugend						
16:45 - 17:00	weiblich/männlich						
17:00 - 17:15						SCHWIMMEN	
17:15 - 17:30						HALLENBAD	
17:30 - 17:45						Schüler/Jugend	
17:45 - 18:00						weiblich/männlich	
18:00 - 18:15							
18:15 - 18:30							
18:30 - 18:45		LANGLAUF			LANGLAUF		
18:45 - 19:00		NORDIC WALKING			NORDIC WALKING		
19:00 - 19:15		ab Parkplatz			ab Parkplatz		
19:15 - 19:30		TVM-Halle			TVM-Halle		
19:30 - 19:45		(im Sommer)			(im Sommer)		
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