Belegung Josef-Becker- Halle Stand: Oktober 2026

	Mo		Di		Mi		Do		Fr		Sa		So		
Zeit	Sportart	Ü-Leiter	Sportart	Ü-Leiter	Sportart	Ü-Leiter	Sportart	Ü-Leiter	Sportart	Ü-Leiter	Sportart	Ü-Leiter	Sportart	Ü-Leiter	Zeit
07:50-08.00															
08.00-08.15															08.00-08.30
08:15-08:30					Power										
08.30-09.15					Workout PWM	S.Brestrich			Fit ins Wochenende FUF	Y. Girschik					08.30-09.00
09.15-09.30															09.00-09.30
09.30-09.45	Fit mit Gym		Eltern+Kind		Eltern+Kind		Morgenfitness1								09.30-09.45
09.45-10.00					EK2		50+ M50								09.45-10.00
10.00-10.30	FMG	S. Ferreira	EK1	K.Schrage		C.Attabra			kleine Strolche KLS	Y. Girschik					10.00-10.30
10.30-10.45															10.30-10.45
10.45-11.00							Morgenfitness2								10.45-11.00
11.00-11.30	Fit in die Woche						50+ M50								11.00-11.30
11.30-11.45								B.Vester							11.30-11.45
11.30-12.00															11.30-12.00
12.00-12.15	BWT	A. Kämper													12.00-12.15
12.15-12.30															12.15-12.30
12.30-13.00															12.30-13.00
13.00-13.30															13.00-13.30
13.30-14.00															13.30-14.00
14.00-14.15															14.00-14.15
14:15-14:30															14:15-14:30
14.30-15.00															14.30-15.00
15.00-15.15															15.00-15.15
15.15-15.30	Kinder														15.15-15.30
15.30-15.45	3 - 4 Jahre		Eltern+Kind												15.30-15.45
15:45-16:00	KI1	C. Attabra					Eltern+Kind								15:45-16:00
16.00-16.15	Kinder		EK4	M. Bruneit			EK2	C. Bruneit							16.00-16.15
16.15-16.30	3 - 4 Jahre				aktiv bis 100										16.15-16.30
16.30-16:45	KI6	C. Attabra	Kinder												16.30-16:45
16:45-17:00			3 - 4 Jahre		ABH	S. Ferreira	Kinder 3-4								16:45-17:00
17.00-17.15			KI5	M. Bruneit			KI2	C. Bruneit							17.00-17.15
17.15-17.30					Orthopädie 2										17.15-17.30
17:30-17:45									Flagfootball U7						17:30-17:45
17.45-18.00	Herz Reha		Herz Reha				Dance & Fit								17.45-18.00
18.00-18.15					ORT	St. Fischer	7-10 DFM1	J.Cabal Tome	FLG	J. Torabian					18.00-18.15
18:15-18:30	HE2	S. Belz	HE3	A. Kämper											18:15-18:30
18.30-18.45					Orthopädie 1		Dance & Fit								18.30-18.45
18.45-19.00							7-10 DFM2	J.Cabal Tome							18.45-19.00
19.00-19.15	Wirbels.				GES	V. Kniller			Dance&Fit						19.00-19.15
19:15-19:30	Gym		Herz Reha						DFE	M. Sauer					19:15-19:30
19.30-19.45	WSG1				Full-Body-		Fit ab 50								19.30-19.45
19.45-20.00			HE1	C. Hector	Workout		F50	I. Semmelr							19.45-20.00
20.00-20.30	Wirbels.		Yoga												20.00-20.30
20.30-20:45	Gym		Mobility Flow	S.Fischer	RFS	S. Fischer	Rücken Power								20.30-20:45
20:45-21:00	WSG2	E. Klepzig		K. Anthony											20:45-21:00
21.00-21.30							RPW	E. Klepzig							21.00-21.30
21.30-22.00															21.30-22.00