

Hallenbelegungsplan der Gemeindehalle durch den SV Marzling



Gymnastikabteilung - gültig ab 01.05.2024

| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|---|--|--|--|---|---------|---|
| | Nordic Walking Treffpunkt: Isarbrücke 09.00 Uhr Margit | Hinweis Bitte Hallenturnschuhe und Handtuch zu den Gymnastikstunden mitbringen. Weitere Infos unter www.svmarzling.de | | | | | Tabata High Intensity Interval Training 10.00 Uhr Outdoor 10.30 Uhr Indoor Olga |
| 13:00 | Hort | Hort | Hort | Hort | Hort | | |
| 13:15 | | | | | | | |
| 13:30 | | | | | | | |
| 13:45 | | | | | | | |
| 14:00 | | | | | | | |
| 14:15 | | | | | | | |
| 14:30 | | | | | | | |
| 14:45 | | | | | | | |
| 15:00 | | | | | | | |
| 15:15 | Coole Kids Nousin | | | | | | |
| 15:30 | | | | | | | |
| 15:45 | | | | | | | |
| 16:00 | | | | | | | |
| 16:15 | Eltern-Kind-Turnen ab 1½ Jahre Christina | | Klein-Kinder-Turnen 3 - 5 Jahre Michi | 1.-3. Kl. Mädchen Vroni | Akrobatik für Kids ab 1. Klasse Michi | | |
| 16:30 | | | | | | | |
| 16:45 | | | | | | | |
| 17:00 | | | | | | | |
| 17:15 | | Yoga Birgit | Vorschul-Turnen 5 - 6 Jahre Michi | 1.-3. Kl. Jungs Vroni | Turnen/Spiel & Spaß 4.-5. Klasse Vroni | | |
| 17:30 | | | | | | | |
| 17:45 | | | | | | | |
| 18:00 | | | | | | | |
| 18:15 | | Step Monika | Rückenfit Senioren Monika | Turnen/Spiel & Spaß ab 6. Klasse Vroni | Body Styling Petra | | |
| 18:30 | | | | | | | |
| 18:45 | | | | | | | |
| 19:00 | | | | | | | |
| 19:15 | | Rücken Fitness Monika | Starke Mitte Rücken-Bauch-Balance mit Pilates-Elementen Agathe | Power Circuit hochintensives Zirkel- Intervalltraining Nicole | Zumba Nicole | | |
| 19:30 | | | | | | | |
| 19:45 | | | | | | | |
| 20:00 | | | | | | | |
| 20:15 | | Crashpause Sommerfit Volleyball | Volleyball ab 16 Jahre Matthias | JUZ | | | |
| 20:30 | | | | | | | |
| 20:45 | | | | | | | |
| 21:00 | | | | | | | |
| 21:15 | | | | | | | |
| 21:30 | | | | | | | |
| 21:45 | | | | | | | |
| | | | | | | | Kontakt: Kids & Volleyball Michaela Bürkle 08161/149702 0173/3853967 |
| | | | | | | | Gymnastik Erwachsene Monika Friedrich 08161/67390 |