

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					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 13:00-15:00			belegt 13:00-15:00	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	Ballspielstunde 15:45-16:45 (3 - 6 Jahre) Claudia Ringlstetter		Karate 15:30-16:30 (5 - 8 Jahre) Iwan d' Ravellier	15:45				15:45	
16:00				16:00			16:00		
16:15				16:15			16:15		
16:30			Karate 16:40-17:40 (9 - 15 Jahre) Iwan d' Ravellier	16:30				16:30	
16:45				16:45			16:45		
17:00	Handball 17:00-18:30 Mannschaft C Claudia Ringlstetter		Karate 17:50-19:00 (8 - 15 Jahre / Fortgeschrittene) Iwan d' Ravellier	17:00			17:00		
17:15					17:15		17:15		
17:30					17:30		17:30		
17:45					17:45		17:45		
18:00					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	Hip Hop / Kurs II 18:40-19:40 (ab 16 Jahren/ Anfnger) Justina Wagner		18:45				18:45		
19:00				19:00			19:00		
19:15			Aerofitness / Step 19:15-20:45 Petra Mantler	19:15				19:15	
19:30				19:30			19:30		
19:45				19:45			19:45		
20:00				20:00			20:00		
20:15	Hip Hop / Contest 19:40-21:10 Justina Wagner				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			
22:00			22:00			22:00			
22:15			22:15			22:15			
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 9:30-11:30			belegt 9:30-11:00	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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11:15					11:15				11:15
11:30					11:30				11:30
11:45					11:45				11:45
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12:15					12:15				12:15
12:30					12:30				12:30
12:45					12:45				12:45
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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			Eltern-Kind-Turnen 15:00-16:00 (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 16:00-17:00 (3 - 5 Jahre) Laura Nitzinger	KidsSport 16:00-17:00 (6 - 9 Jahre) Matthias Lossa			16:00				16:00
16:15					16:15				16:15
16:30					16:30				16:30
16:45					16:45				16:45
17:00			Hip Hop / Kurs I 17:00-18:15 (12 - 15 Jahre / Anfnger)		17:00				17:00
17:15	Trakour 17:15-18:30 (ab 9 Jahre) Matthias Lossa				17:15				17:15
17:30					17:30				17:30
17:45					17:45	Rckenschule 17:45-18:45 (ab 18 Jahre) C. Schilling-Cwickel			17:45
18:00					18:00				18:00
18:15					18:15				18:15
18:30			Hip Hop / Contest 18:15-19:45		18:30				18:30
18:45					18:45				18:45
19:00	belegt 18:45 - 19:45	Zirkel-Training 18:45-19:45 (ab 16 Jahre) Matthias Lossa			19:00	Frauengymnastik 19:00-20:00 (ab 18 Jahre) Gerda Schfer			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				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			Petra Mantler		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

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 9:00-10:30				9:00				9:00
9:15					9:15				9:15
9:30				Kanga Burn 9:30-10:30	9:30				9:30
9:45					9:45				9:45
10:00				Franziska Brtsch	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
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12:30					12:30				12:30
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14:15					14:15				14:15
14:30					14:30				14:30
14:45					14:45				14:45
15:00					15:00				15:00
15:15					15:15				15:15
15:30	KidsSport 15:30-17:00 (1 - 3 Jahre)				15:30				15:30
15:45					15:45				15:45
16:00					16:00				16:00
16:15					16:15				16:15
16:30					16:30				16:30
16:45	Laura Nitzinger				16:45				16:45
17:00	Handball 17:00-18:30 Mannschaft C + D				17:00				17:00
17:15					17:15				17:15
17:30					17:30				17:30
17:45					17:45				17:45
18:00					18:00				18:00
18:15	Claudia Ringlstetter				18:15				18:15
18:30	Bogenschtzen 18:30-20:00 (Anfnger/Jugend)	Handball 18:30-19:30	Gerte-Intensiv 18:30-19:30 (12 - 18 Jahre)		18:30				18:30
18:45			Stephan Heilmeier		18:45				18:45
19:00					19:00				19:00
19:15		Claudia Ringlstetter	Volleyball f. Senioren		19:15				19:15
19:30					19:30				19:30
19:45	Georg Nitzinger	Ultimate Frisbee 19:45-22:00 (ab 16 Jahre)	19:30-20:30 (ab 65 Jahre)		19:45				19:45
20:00	Bogenschtzen 20:00-21:00 (Fortgeschrittene)		Hans Wagner		20:00				20:00
20:15					20:15				20:15
20:30			Ultimate Frisbee 20:30-22:00 (ab 16 Jahre)		20:30				20:30
20:45	S. und G. Nitzinger				20:45				20:45
21:00					21:00				21:00
21:15					21:15				21:15
21:30					21:30				21:30
21:45		Sebastian Haas			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
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 9:30-11:30				9:30				9:30
9:45					9:45				9:45
10:00				belegt 10:00-11:30	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
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12:45					12:45				12:45
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13:45					13:45				13:45
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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					15:30				15:30
15:45					15:45				15:45
16:00	Rope Skipping 16:00-17:30 (ab 6 Jahre) Claudia Ringlstetter		Karate 15:50-16:50 (5 - 8 Jahre) Iwan d' Ravellier		16:00				16:00
16:15					16:15				16:15
16:30			Karate 17:00-18:00 (9 - 15 Jahre) Iwan d' Ravellier		16:30				16:30
16:45					16:45				16:45
17:00					17:00				17:00
17:15	KidsSport 17:30-18:30 (9 - 12 Jahre) Laura Nitzinger				17:15	Tennis 17:00-19:00			17:15
17:30					17:30				17:30
17:45					17:45				17:45
18:00					18:00				18:00
18:15					18:15				18:15
18:30	Reha Sport 18:30-19:30 (ab 18 Jahre) Bjrn Clos		Karate 18:10-19:30 (8 - 15 Jahre / Fortgeschrittene) Iwan d' Ravellier	Yoga 18:20-19:40 (ab 10 Jahre)	18:30				18:30
18:45					18:45				18:45
19:00		Skigymnastik 19:00-20:00 (Okt. - Mrz) Horst Strobel		Theresa Stoiber	19:00				19:00
19:15					19:15				19:15
19:30				Karate 19:45-21:15 Erwachsene	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) (Mrz-Okt.) Werner Klinger				20:00				20:00
20:15					20:15				20:15
20:30					20:30				20:30
20:45					20:45				20:45
21:00				Max Altinger	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					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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11:15					11:15				11:15
11:30					11:30				11:30
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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				15:00
15:15	15:00-16:00				15:15				15:15
15:30	(3 - 5 Jahre)				15:30				15:30
15:45	Laura Nitzinger				15:45				15:45
16:00					16:00				16:00
16:15	KidsSport		Kindergerteturnen		16:15				16:15
16:30	16:15-17:15			16:00-17:00	16:30				16:30
16:45	(5 - 7 Jahre)			(5 - 8 Jahre)	16:45				16:45
17:00	Nici Ringlstetter			Sandra Hackmann	16:45				16:45
17:15				Tanzsport	17:00				17:00
17:30	Handball			17:00-18:00	17:15				17:15
17:45	17:30-19:00		Daniela Djukic	(9 - 11 Jahre)	17:30				17:30
18:00	Mannschaft E		Jugend-	Sandra Hackmann	17:45				17:45
18:15			Gerteturnen		18:00			Karate	18:00
18:30			17:45-19:15		18:15			18:00-19:00	18:15
18:45	Claudia Ringlstetter		(12 - 18 Jahre)		18:30			Anfnger	18:30
19:00	Handball				18:45			Alexander Aigner	18:45
19:15	19:00-20:30			Stephan Heilmeier	19:00			Karate	19:00
19:30	Mannschaft C + D				19:15			19:00-20:30	19:15
19:45					19:30			Fortgeschrittene	19:30
20:00					19:45				19:45
20:15	Claudia Ringlstetter				20:00				20:00
20:30	Basketball	Fussball			20:15			Patrick Wiesner	20:15
20:45	20:30-22:00	20:30-22:30			20:30				20:30
21:00	(ab 16 Jahre)				20:45				20:45
21:15					21:00				21:00
21:30					21:15				21:15
21:45	Michael Krmer				21:30				21:30
22:00					21:45				21:45
22:15		Josef Nemeskeri			22:00				22:00
22:30					22:15				22:15
22:45					22:30				22:30
23:00					22:45				22:45
					23:00				23:00

FREITAG