

Hallenbelegung Fitnesshalle

Uhrzeiten	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Uhrzeiten
08:15 - 08:30				08:15 - 09:15 h		08:15 - 08:30
08:30 - 08:45				Pilates		08:30 - 08:45
08:45 - 09:00				Petra Stolzis		08:45 - 09:00
09:00 - 09:15			9:00 - 10:00 h			09:00 - 09:15
09:15 - 09:30			Senioren sport I			09:15 - 09:30
09:30 - 09:45		9:30 - 10:30 h	Elfie Schwarz			09:30 - 09:45
09:45 - 10:00		Wirbelsäulengymnastik	10:00 - 11:00 h			09:45 - 10:00
10:00 - 10:15		Gitta Deuster	Senioren sport II			10:00 - 10:15
10:15 - 10:30			Elfie Schwarz			10:15 - 10:30
10:30 - 10:45						10:30 - 10:45
10:45 - 11:00						10:45 - 11:00
11:00 - 11:15	11:00 - 12:00 h					11:00 - 11:15
11:15 - 11:30	Problemzonentraining					11:15 - 11:30
11:30 - 11:45	Elfie Schwarz					11:30 - 11:45
11:45 - 12:00						11:45 - 12:00
12:00 - 12:15						12:00 - 12:15
12:15 - 12:30						12:15 - 12:30
15:15 - 15:30						15:15 - 15:30
15:30 - 15:45						15:30 - 15:45
15:45 - 16:00						15:45 - 16:00
16:00 - 16:15						16:00 - 16:15
16:15 - 16:30	16:15 - 17:45 h	16:00 - 18:00 h		16:00 - 18:00 h		16:15 - 16:30
16:30 - 16:45	WingTsun Kung fu	Karate für Kinder / Jugendliche		Karate für Kinder / Jugendliche		16:30 - 16:45
16:45 - 17:00	John Pineiro	Manuehchr	17:00 - 18:30 h	Manuehchr		16:45 - 17:00
17:00 - 17:15		18:00 - 19:30	Pilates	18:00 - 19:00	17:30 - 20:30	17:00 - 17:15
17:15 - 17:30		Karate für Fortgeschrittene	Spark. Trier / Nicole Kraiker	Karate für Fortgeschrittene	Integra Fight	17:15 - 17:30
17:30 - 17:45	18:00 - 19:30 h		18:30 - 19:45 h		MMA	17:30 - 17:45
17:45 - 18:00	Integra Fight	19:30 - 21:00	Sport + Fitness ab 40	19:00 - 20:00 h	Wladimir Schwarz	17:45 - 18:00
18:00 - 18:15	Wladimir Schwarz	Integra Fight	Elfie Schwarz	Bodystyling		18:00 - 18:15
18:15 - 18:30		Wladimir Schwarz		Evelyn Backes		18:15 - 18:30
18:30 - 18:45						18:30 - 18:45
18:45 - 19:00	19:30 - 21:00 h			20:15 - 21:15		18:45 - 19:00
19:00 - 19:15	Balintawak / Eskrima			Tanzen		19:00 - 19:15
19:15 - 19:30	Markus Wollmann			Michael Spindler		19:15 - 19:30
19:30 - 19:45						19:30 - 19:45
19:45 - 20:00				21:15 - 22:15 freies Tanzen		19:45 - 20:00
20:00 - 20:15						20:00 - 20:15
20:15 - 20:30						20:15 - 20:30
20:30 - 20:45						20:30 - 20:45
20:45 - 21:00						20:45 - 21:00
21:00 - 21:15						21:00 - 21:15
21:15 - 21:30						21:15 - 21:30
21:30 - 21:45						21:30 - 21:45
21:45 - 22:00						21:45 - 22:00
22:00 - 22:15						22:00 - 22:15
22:15 - 22:30						22:15 - 22:30
22:30 - 22:45						22:30 - 22:45
22:45 - 23:00						22:45 - 23:00

FSV - Kurse

Vermietungen

zusätzliche Infos: www.fsv-trier-tarforst.de oder über unsere Geschäftsstelle