

Gymnastik

Januar 2024

Montag		Dienstag	Mittwoch	Donnerstag			Freitag
9.00 – 10.00 Seniorengymnastik Ursel Matthaei							09.00 – 10.00 Rehasport Fit ins Alter Kevin
		10.00-11.00 Rehasport Hüfte & Knie		10.00-11.00 Rehasport Level 2 Vanessa			10.00-11.00 Rehasport Level 2 Kevin
11.15-12.00 Mami Fitness Alice		11.00-12.00 Rehasport Level 2		11.00-12.00 Rehasport Level 2 Vanessa			11.00-12.00 Rehasport Level 1-2 Kevin
			10-11.30 Qi Gong (Vhs) 24.01.-20.03. 10.04.-26.06.				
16.00 – 17.00 Rehasport Level 1				16.00 – 17.00 Rehasport Level 2			
17.00 – 18.00 Rehasport Level 2		17.00 – 18.00 Rehasport Kevin	17.00-18.00 Rehasport Level 2 Hannah	17.00 – 18.00 Rehasport Hüfte & Knie			17.00-18.00 JSV-Gymnastik Ursel Matthaei
18.00 – 19.00 Rehasport 2-3	18.00-18.45 JSV Taiso online Heiko Manstein	18.30-19.30 Move & Relax Aleks K.	18.00-19.00 Rehasport Level 2 Hannah	18.00-19.00 Rehasport 3	18.00 Taiso online Heiko	18.00 Athletik Cross Andreas	
19.00-20.00 JSV-Gymnastik Ursel Matthaei		19.30 – 20.30 JSV-Athletik Crossfit Alexander Kostic Matte 1 + 2	19.00 – 20.00 Rehasport Level 2-3 Hannah				19.30 – 21.30 JSV: Selbstverteidigung Alex Kostic
20.15 – 21.15 JSV-Fitness-Gymnastik Chris Murawski		20.00-21.00 JSV-Gymnastik Angelika/Grazia	20.00 – 21.30 JSV-Tai-Chi Lieselotte Skade	20.00 – 21.00 JSV-Fitness-Gymnastik Chris Murawski			