



# Kursplan Gymnastik-Abteilung SV Tennenlohe (Stand Juni 2024)



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:30 - 9:30 (GR) PhysioFit in die Woche	9:30 - 10:30 (online) Gymnastik 50+	8:30 - 9:30 (GR) Wirbelsäulengymnastik S-Klasse		8:00 - 9:00 (Feuerwehrhaus) Nordic Walking		
		9:30 - 10:45 (GR) Yoga				10:00 - 11:00 (GR) Fit and Shape
		10:00 - 11:00 (Kath.GZ) Vitalgymnastik			9:00 - 10:00 (TH) Eltern-Kind-Turnen 1	
					10:00 - 11:00 (TH) Eltern-Kind-Turnen 2	
	15:30 - 17:00 (TH) Gerätturnen (6 - 10 Jahre)		15:30 - 16:30 (TH) Schülerturnen 1 (1./2. Klasse)			
16:00 - 17:00 (GR) Full Body Workout		16:00 - 17:00 (TH) Eltern-Kind-Turnen (1,5 - 4 Jahre)	16:30 - 17:30 (TH) Schülerturnen 2 (3./4. Klasse)			
17:00 - 18:00 (GR) Faszientraining	17:00 - 18:00 (GR) Fit & Fun Tuesday Workout	17:00 - 18:00 (TH) Basketball Kids	17:00 - 18:00 (GR) Zumba neu: für alle	17:00 - 18:15 (TH) Yoga		
	17:00 - 18:00 (TH) Ball-Bambinis (4 - 6 Jahre)					
17:45 - 18:45 (TH) Workout4Teens (ab 12 Jahren)		18:00 - 19:00 (TH) Basketball Young Adults	18:00 - 19:00 (GR) FITal Class 5			
		18:00 - 19:00 (GR) Step- Aerobic				
		18:00 - 19:00 (vor TH) Lauftraining				
	19:15 - 20:15 (GR) Zumba	19:00 - 20:00 (TH) Body in Balance	19:00 - 20:00 (GR) Bodywork Surprise			
		20:00 - 21:00 (TH) Calisthenics				

