| ZEIT | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | ZEIT |
|---|---|---|---|---|---|---|---|
| 09:00 | | | | | | | 09:00 |
| 09:30 | | | | | | **Zumba**<br>09:30-10:30 Uhr<br>Franziska Kiehn | 09:30 |
| 10:00 | | | | | | | 10:00 |
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| 15:00 | | | | | | | 15:00 |
| 15:30 | | | | | | | 15:30 |
| 16:00 | **Kinderturnen (ohne Eltern, 3-4 Jahre)**<br>16:15-17:00 Uhr<br>Rebecca Rochhausen | | | **Wintertraining FSG**<br>16:15-17:15 Uhr<br>Sascha Borchardt | **Wintertraining FSG**<br>16:15-17:15 Uhr<br>Sascha Borchardt | | 16:00 |
| 16:30 | | **Kinderturnen (mit Eltern, 0-4 Jahre)**<br>16:30-17:30 Uhr<br>Anna Katharina Mendez Campanon | **Kinderturnen (mit Eltern, 0-4 Jahre)**<br>16:30-17:30 Uhr<br>Anna Katharina Mendez Campanon | | | | 16:30 |
| 17:00 | **Kinderturnen (ohne Eltern, 5-6 Jahre)**<br>17:00-18:00 Uhr<br>Rebecca Rochhausen | | | **Kid Fit**<br>17:15-18:15 Uhr<br>Angelika Knappen-Osman | | | 17:00 |
| 17:30 | | **Wintertraining FSG**<br>17:30-18:30 Uhr<br>Sascha Borchardt | | | | | 17:30 |
| 18:00 | **Gymnastik**<br>18:00-19:00 Uhr<br>Britta Petit | | **Fechten**<br>17:30-20:00 Uhr<br>FC Lütjensee | | | | 18:00 |
| 18:30 | | **Basic Step**<br>18:30-19:30 Uhr<br>Daniela Körber | | | **Fechten**<br>17:30-20:30 Uhr<br>FC Lütjensee | | 18:30 |
| 19:00 | **Step Aerobic**<br>19:00-20:00 Uhr<br>Daniela Körber | | | **Body-Work-Out**<br>19:00-20:00 Uhr<br>Daniela Körber | | | 19:00 |
| 19:30 | | | | | | | 19:30 |
| 20:00 | **Bauch Pur,** 20:00-20:30 Uhr, Daniela Körber | | **Salsation**<br>20:00-21:00 Uhr<br>Iris Vogel | **Hula Hoop,** 20:00-20:30 Uhr, Daniela Körber | | | 20:00 |
| 20:30 | **Fit for Fire (FF Feuerwehr)**<br>20:30-21:30 Uhr<br>Daniela Körber | | | | | | 20:30 |
| 21:00 | | | | | | | 21:00 |
| 21:30 | | | | | | | 21:30 |
| 22:00 | | | | | | | 22:00 |

Stand: 11/2026