

SVF Lawaetzstraße

Beginn	Ende	Montag				Dienstag				Mittwoch				Donnerstag				Freitag				
		Spiegelsaal	großer Saal	Cardioraum	Gym	Spiegelsaal	großer Saal	Cardioraum	Gym	Spiegelsaal	großer Saal	Cardioraum	Gym	Spiegelsaal	großer Saal	Cardioraum	Gym	Spiegelsaal	großer Saal	Cardioraum	Gym	
08.00	08.30	Wirbelsäule						Indoor Cycling														
08.30	09.00																					
09.00	09.30										Faszienyoga											
09.30	10.00										Body Workout											
10.00	10.30										Body Workout											
10.30	11.00																					
11.00	11.30																					
11.30	12.00																					
12.00	12.30																					
12.30	13.00																					
13.00	13.30																					
13.30	14.00																					
14.00	14.30																					
14.30	15.00																					
15.00	15.30																					
15.30	16.00																					
16.00	16.30	Cheerleading Minis																				
16.30	17.00																					
17.00	17.30																					
17.30	18.00																					
18.00	18.30			Indoor Cycling 1	Cheerleading	Gymnastik																
18.30	19.00	Cheerleading Juniors								Tabata		Indoor Cycling 1	American Football	Yolates								
19.00	19.30		Cheerleading Seniors	Indoor Cycling 2		Pilates						Indoor Cycling 2										
19.30	20.00				Cheerleading		Darts			Cheerleading Masters	Darts			Zumba	Darts							
20.00	20.30	Cheerleading Seniors											American Football									
20.30	21.00																					
21.00	21.30				Cheerleading																	
21.30	22.00																					

Stand: 14.08.23, gez. Vorstand