



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag				
Training Vormittag	8.15-09.30 (TK1) (AB) Dennis G. ☼☽☹☺ <a href="#">Body Workout I</a>	9.00-10.00 (TK2) Barbara L.-M. GS ☽ <a href="#">Wirbelsäulengymnastik</a>	08.45-10.00 (TK1) Ingrid F. △☽ <a href="#">Fit in den Tag</a>	9.15-10.15 (TK2) (AB) Barbara L.-M. ☼☽△ <a href="#">Flexi-Bar trifft Pilates</a>	08.00-10.00 (TK1) (AB) Daphna R. △♥☼☽☹ <a href="#">Step + BBP</a>	08.30-09.30 (TK2) (AB) Sabine H. ☽☹ <a href="#">Rücken fit again</a>	09.15-10.45 (TK1) Barbara J.-D. GS ☹☺ <a href="#">BK-Nachsorge</a>	9.30-10:30 (TK2) (AB) Elisabeth W. △☼☽☹ <a href="#">Pilates I</a>	08.30-09.30 (TK1) Brigitte K. ☹☼☽△ <a href="#">Aktiv-Body-Wellness</a>	08.45-09.45 (TK2) (AB) Barbara L.-M. △☹GS <a href="#">Aktiv gegen Osteoporose</a>	 
	10.15-11.30 (TK1) Barbara L.-M. GS △ <a href="#">Senioren Sport</a>	10.30-12.00 (TK2) (AK) Bettina H. ☹☹ <a href="#">Hatha-Yoga für Männer</a>	10.15-11.15 (TK1) Ingrid F. GS ☽☹ <a href="#">Rücken-Fit</a>	10.30-12.00 (TK2) (AK) Bettina H. ☹☹ <a href="#">Hatha-Yoga</a>	09.30-10.45 (TK2) (AK) Elisabeth W. ☽ <a href="#">Rückbildung mit Kind</a>	09.30-10.15 (TK4) Sabine H. △☼☽ <a href="#">Fit bis ins hohe Alter</a>	10.45-11.45 (TK2) (AB) Elisabeth W. △☼☽☹ <a href="#">Pilates II</a>	10.00-11.30 (TK1) (AB) Barbara L.-M. ☽♥☼☽GS <a href="#">Gesund und Trainiert</a>	10.00-11.00 (TK2) Tanja S. ☽☹☹ <a href="#">Rücken-Reha</a>		
Training, Mittag, Nachmittag und Abend	11.30-13.00 (TK1) ☼☽△ Evi B. <a href="#">Fitness für Venen und WS</a>	11.30-12.30 (TK1) (AB) Ellen B. ☼☼☹☹ <a href="#">Zumba gold</a>	11.30-12.45 (TK1) GS ☹ Tanja S, Dr. Barbara J.-D., Claudia M. <a href="#">Koronarsport</a>	11.00-12.00 (TK2) (AK) Elisabeth W. ☽ <a href="#">Rückbildung II</a>	11.00-12.15 (TK1) Sabine H. ☹☹ <a href="#">Orthopädische Knieschule</a>	11.15-12.15 (TK2) Tanja S. ☽☹☹ <a href="#">Rücken-Reha</a>	<b>Samstag</b> 12:30-13:30 (TK1) (AB) Sabrina ☼☼☹ <a href="#">Zumba</a>  <b>Erläuterungen:</b> ♥ Herz-Kreislauf-Training ☹ Fatburner ☼ Koordination ☽ Fun pur ☼ Power-Angebot ☹ Relax △ Von-Kopf-bis-Fuß ☹ Therapie ☽ Muskeltraining GS Gütesiegel ☹ Reha- Sport ☼ Sportabzeichen  TK = Turnhalle Korfstr.4 TK1 = großer Saal TK2 = Rolf Vaupel Saal TK3 = Fitness-Studio TK 4 = Gymnastikraum SPB = Sportplatz Bleibiskopf EKS = Erich-Kästner-Sch. Gym = Gymnasium SU = Schule am Urselbach SSU= Schulhof Schule Urselbach HTS = Hans-Thoma-Schule HEL = Helen-Keller-Schule IGS = Ges.schule Stierstadt Trimm = Schillerturm SM= Schule Mitte (AB) =Abteilungsbeitrag (AK)=abgeschlossener Kurs  Stand: 11.01.2018				
	18.45-19.45 (SM) (AB) Vanessa W. ☼☼☹ <a href="#">Zumba</a>	18.15-19.45 (Hel) Ingrid F. GS☹ <a href="#">BK-Nachsorge</a>	16.45-18.15 (TK1) Claudia M., Dr. Barbara J.-D. GS ☹ <a href="#">Koronarsport</a>	18.45-19.45 (TK2) Sabine H. ☽ <a href="#">Rücken-Fit I</a>	17.45-18.45 (TK2) (AB) (AK) Claudia F.  <a href="#">Qigong</a>	17.45-19.15 (TK1) Barbara L.-M. Dr. R. Rünzi GS ☹ <a href="#">Koronarsport</a>		18.45-19.45 (SM) (AB) Jennifer J. ☼☼☹ <a href="#">Zumba</a>	17.45-18.45 (TK1) (AB) Vanessa W. ☼☼☹ <a href="#">Zumba</a>		
	19.00-20.30 (TK1) (AB) Daphna R. GS △☼☽☹ <a href="#">Pilates</a>	18.30-19.45 (TK1) (AB) Dennis G. ☽☹△ <a href="#">Body Workout II</a>	19.00-20.00 (SM) (AB) Dominika E. ☼☼☹ <a href="#">Zumba</a>	18.45-19.45 (TK1) Evi B. ☽ <a href="#">Rücken-Fit II</a>	18.00-19.30 (SPB) .△♥☹☼ Jürgen P. <a href="#">Fitness/ Jedermann</a> (April-Sept.)	19.55-20.55 (SM) Sabine H. ☹☽☹ <a href="#">Rücken-Reha</a>		19.00-20.00 (TK1) (AK) Dennis G. △  <a href="#">Jung-Senioren</a>	20.00-21.30 (TK1) (AB) Sabine H. ☹☹☹ <a href="#">Fitness-Gymnastik</a>		
	20.00-21.30 (SM) Simone H., Katja B.-S. △☼☼☹ <a href="#">Fit and Fun Aerobic</a>	19.30-20.30 (HTS) (AB) Judith S. ☽△☹ <a href="#">Rücken meets Pilates I</a>	20.00-21.00 (SU) Sascha P. ☼☽☹△ <a href="#">Rücken-Fitness</a>	20.00-21.00 (SM) (AB) Sabrina F. ☼☼☹ <a href="#">Zumba</a>	19.15-20.15 (TK2) (AK) Susanne K. ☹☹ <a href="#">Yoga für Schwangere</a>	20.00-21.30 (TK2) (AK) Dennis G. △  <a href="#">Fit aktiv</a>		20.00-21.30 (HTS) △ Birgit K.  <a href="#">Fitness-Gymnastik</a>	20.00-21.30 (TK1) (AB) Judith S. ☽△☹ <a href="#">Faszien-Yoga</a>		
	20.30-22.00 (TK1) (AB) Sascha P. △☼☽☹ <a href="#">Power-Yoga</a>	20.45-21.45 (HTS) (AB) Judith S. ☽△☹ <a href="#">Rücken meets Pilates II</a>	20.00-21.30 (TK1) Ingrid, F. ♥△ <a href="#">Fit &amp; Fun um Acht</a>	21.00-22.00 (SU) Sascha P. △☼☽☹ (AB) <a href="#">Power-Yoga</a>	20.00-21.30 (TK1) GS Katja B.-S. ☼☽☹☼ <a href="#">Step Workout</a>	20.45-21.45 (TK1) Dennis G. ☼☽☹ <a href="#">Body Forming</a>		20.30-22.00 (SM) André S. ☹☼ <a href="#">Ballsporthgruppe</a>			
	15.30-17.00 (Trimm) Ute S. ♥☹☹ <a href="#">Nordic Walking</a>  (Okt.-März)	18.30-20.00 (Trimm) Ute S. ♥☹☹ <a href="#">Nordic Walking</a>  (April-Sept.)	19.30-20.30 (TK4) (AB) Ronny ♥☼☹☼ <a href="#">Indoorcycling</a>	19.00-20.00 (SPB) Damien ♥☼△☼☹ <a href="#">Outdoor Fit Camp</a>	9.30-11.00 Herzog-Adolf-Str.  Evi B. ♥☹☹ <a href="#">Nordic Walking</a>	19.30-20.30 (TK4) (AB) Kerstin ♥☼☹☼ <a href="#">Indoorcycling</a>		9.45-10.45 (TK4) (AB) Claudia/Barbara ♥☼☹☼ <a href="#">Indoorcycling</a> (Okt. - Dez.)	14.00-15.30 (Trimm) Kerstin W. ☹♥ <a href="#">Nordic Walking</a> (Okt.-März)		
Outdoor	15.30-17.00 (Trimm) Ute S. ♥☹☹ <a href="#">Nordic Walking</a>  (Okt.-März)	18.30-20.00 (Trimm) Ute S. ♥☹☹ <a href="#">Nordic Walking</a>  (April-Sept.)	19.00-20.00 (SPB) Damien ♥☼△☼☹ <a href="#">Outdoor Fit Camp</a>	9.30-11.00 Herzog-Adolf-Str.  Evi B. ♥☹☹ <a href="#">Nordic Walking</a>	19.30-20.30 (TK4) (AB) Kerstin ♥☼☹☼ <a href="#">Indoorcycling</a>	9.45-10.45 (TK4) (AB) Claudia/Barbara ♥☼☹☼ <a href="#">Indoorcycling</a> (Okt. - Dez.)	14.00-15.30 (Trimm) Kerstin W. ☹♥ <a href="#">Nordic Walking</a> (Okt.-März)				
							Termine für Lauftreffs finden Sie unter: <a href="http://www.schnaufreff-oberursel.de">www.schnaufreff-oberursel.de</a>				

