

TG-Trainingsübersicht Schuljahr 2023/24

| | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | |
|---------------|---|--------------|-----------|---|--|---|-----------|--|---|---|-----------|--|------------|--------------|-----------|---|-----------|--------------|--|---|
| | Kraftraum | Lohmühlhalle | gr. Halle | kl. Halle | Kraftraum | Lohmühlhalle | gr. Halle | kl. Halle | Kraftraum | Lohmühlhalle | gr. Halle | kl. Halle | Kraftraum | Lohmühlhalle | gr. Halle | kl. Halle | Kraftraum | Lohmühlhalle | gr. Halle | kl. Halle |
| | 8:00 - 8:30 | | | | | Muskelmäuschen (w) (08:00 - 09:00) - Evi Polterauer - | | | | Muskelmäuschen (w) (08:00 - 09:00) - Evi Polterauer - | | | | | | | | | | |
| 8:30 - 9:00 | | | | | | | | | | | | | | | | | | | | |
| 9:00 - 9:30 | | | | | Muskelmäuschen (w) (09:00 - 10:00) - Evi Polterauer - | | | | Muskelmäuschen (w) (09:00 - 10:00) - Evi Polterauer - | DanceAerobic (09:00 - 10:00) - Susi Tintemann - | | | | | | | | | | |
| 9:30 - 10:00 | | | | | | | | | | | | | | | | | | | | |
| 10:00 - 10:30 | | | | | | | | | | Bauch-Beine-Po (10:00 - 10:30) - Susi Tintemann - | | | | | | | | | | |
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| 15:30 - 16:00 | | | | Turnmäuse (15:30 - 16:30) - Iris Laupenmühlen - | | | | | | | | | | | | | | | | |
| 16:00 - 16:30 | | | | | | | | | Kurs "Turnzwerge - Kennenlernkurs" (15:30 - 16:15) - Katrin Baumüller - | Gymnastik 65+ (15:30 - 16:30) - Inge Lochner - | | | | | | | | | | |
| 16:30 - 17:00 | | | | Turnmäuse (16:30 - 17:30) - Iris Laupenmühlen - | | | | | | | | | | | | | | | | |
| 17:00 - 17:30 | | | | | | | | | | | | | | | | | | | | |
| 17:30 - 18:00 | | | | | Muskelmäuschen (w) (17:30 - 18:30) - Alex Zeuß - | | | | | | | | | | | | | | | |
| 18:00 - 18:30 | | | | Gerätturnen (m/w) (17:30 - 20:00) - Judith Kram - | | | | | | | | | | | | | | | | |
| 18:30 - 19:00 | | | | | | | | | | | | | | | | | | | | |
| 19:00 - 19:30 | Muskelmäuschen (w) (19:00 - 20:00) - Evi Polterauer - | | | DanceAerobic (19:00 - 20:00) - Susi Tintemann - | Muskelmäuschen (w) (18:30 - 20:00) - Patrizia Hilden - | | | Eisenbieger (m) (19:00 - 20:00) - Gerhard Holzmann - | Funktionelle Rückengym. (m/w) (19:00 - 20:00) - Jörg Müller - | | | Kurs "Haltung & Bewegung" (19:00 - 20:00) - Susi Knirsch - | | | | Muskelmäuschen (w) (18:30 - 19:30) - Evi Polterauer - | | | Power-Fit (18:00 - 19:00) - Susi Knirsch - | Fit & entspannt ins WE (18:00 - 19:00) - Susi Tintemann - |
| 19:30 - 20:00 | | | | | | | | | | | | | | | | | | | | Gerätturnen (m/w) (18:00 - 20:00) - Judith Kram - |
| 20:00 - 20:30 | Eisenbieger (m) (20:00 - 21:00) - Gerhard Holzmann - | | | Body Workout (20:00 - 21:00) - Susi Tintemann - | | | | | | | | | | | | | | | | |
| 20:30 - 21:00 | | | | | | | | | | | | | | | | | | | | |