# BELEGUNGSPLAN – BALLETTSAAL

KW 46 / 2026

| Zeit | Montag 09.11. | Dienstag 10.11. | Mittwoch 11.11. | Donnerstag 12.11. | Freitag 13.11. | Samstag 14.11. | Sonntag 15.11. | Zeit |
|---|---|---|---|---|---|---|---|---|
| 08:00 | | | | | | | | 08:00 |
| 09:00 | | | | Rückenfit<br>Kraft & Fitness<br>09:00 - 10:00 | Freizeitsport<br>09:15 - 10:00 | | | 09:00 |
| 10:00 | Pilates<br>Gesundheitssport<br>10:00 - 11:00 | Qigong<br>Gesundheitssport<br>10:00 - 11:00 | | | | | | 10:00 |
| 11:00 | | | | Rehasport / Herzsport<br>Gesundheitssport<br>11:30 - 13:00 | | | | 11:00 |
| 12:00 | | | | | | | | 12:00 |
| 13:00 | | Fit+60<br>13:30 - 15:00 | | | | | | 13:00 |
| 14:00 | | | | | | | | 14:00 |
| 15:00 | | Kinderyoga<br>Freizeitsport<br>15:00 - 17:00 | | Fit+60<br>15:30 - 16:45 | Karate<br>15:30 - 17:00 | | | 15:00 |
| 16:00 | Turnen<br>16:00 - 18:30 | | | | | | | 16:00 |
| 17:00 | | | | Tischtennis<br>17:15 - 18:00 | Turnen<br>17:00 - 17:30<br>Karate<br>17:30 - 18:30 | | | 17:00 |
| 18:00 | Tanzsport<br>18:30 - 20:00 | Line Dance<br>Tanzsport<br>18:00 - 19:00 | Turnen<br>18:15 - 19:00 | Yoga<br>Gesundheitssport<br>18:00 - 19:15 | Zumba Step<br>Freizeitsport<br>18:30 - 19:30 | | | 18:00 |
| 19:00 | | Qigong<br>Gesundheitssport<br>19:00 - 20:30 | Pilates<br>Gesundheitssport<br>19:00 - 20:00 | Yoga<br>Gesundheitssport<br>19:15 - 20:30 | | | | 19:00 |
| 20:00 | Tanzsport<br>20:00 - 21:30 | | | Tanzsport<br>20:30 - 22:00 | Tanzsport<br>20:00 - 22:00 | | | 20:00 |
| 21:00 | | | | | | | | 21:00 |
| 22:00 | | | | | | | | 22:00 |
| 23:00 | | | | | | | | 23:00 |