



| Zeit | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | | Freitag | | Samstag | Sonntag | |
|------------|--|---------------------------------------|------------------------|-------------------------------------|-----------------------------------|--------|---|---------|------------------------------------|--|---------|--------|----------|---|------------------------------------|---|---|--|
| | Halle 1 | Halle 2 | Aussen | Halle 1 | Halle 2 | Aussen | Halle 1 | Halle 2 | Aussen | Halle 1 | Halle 2 | Aussen | Clubraum | Halle 1 | Halle 2 | Halle 1/2 | Halle 1 | |
| 08:00 | | | | | | | 08:00-09:00 | | | | | | | Bis 10:00 Uhr Kein Sportbetrieb Reinigung | | | (Kursprogr.) | |
| 08:30 | | | | | | | REHA-Sport | | | | | | | | | | | |
| 09:00 | | 9.00-10.00 In Balance bleiben I | 09.00-10:00 Walking | | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | | | Halle 2: |  | |
| 10:00 | | | | | | | | | | | | | | 10.00-11.30 Mann Aktiv + | | Ballschule | | |
| 10:30 | | 10.15-11.15 In Balance II | | | | | | | | | | | | | | 10:00-12:00 | 11:00-12:30 Tanzkurs | |
| 11:00 | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | Halle 1 | | |
| 13:00 | | | | | | | | | | | | | | | |  | | |
| 13:30 | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | 14.00-15.30 Ges. Tänze | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | 15:20-16:00 Ki-Turnen Gr. 1 | | | | | | 15.00-16.00 Karate | 15:00-16:00 (Kursprogramm) | | |
| 15:45 | | 15.30-16.30 | | | | | | | | | | | | | | 15:30-17:00 | | |
| 16:00 | 16:00 - 17:30 | Mutig & Stark | | | | | | | 16:10-16:50 Ki-Turnen Gr. II | | | | | | 16.00-17.15 Karate bis 14 J. | Kick-Boxen | | |
| 16:15 | | | | | | | 16.15-17.15 Karate Anfänger | | | | | | | | | | | |
| 16:30 | Tennis Kinder | 3 - 5 Jahre | | 16.30-17.30 Karate bis 14 J. | | | | | | | | | | | | | | |
| 16:45 | | 16.30-17.30 Mutig & Stark | | | | | | | | | | | | | | | | |
| 17:00 | | 6 - 7 J. | | | | | 17.15-19.00 Karate | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | |
| 17:30 | 17.30-19.00 | 17.30-18.30 Mutig & Stark | | 17.30-19.00 Karate ab 14 J. | | | | | | | | | | | | | | |
| 17:45 | | 8 - 10 Jahre | | | | | | | | | | | | | | | | |
| 18:00 | Tischtennis Jugend * | | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | |
| 19:00 | | 19:00-20:30 | | 19.00-20.00 Herren- gymnastik | 19:00-20.00 Body- Styling | | | | | | | | | | | | | |
| 19:15 | | | | | | | 19.30-20.30 Fitness- Mix | | | | | | | | | | | |
| 19:30 | 19.30-22.00 Tischtennis | Kick- Boxen Erwachsene | | | | | | | | | | | | | | | | |
| 19:45 | | | | | | | | | | | | | | | | | | |
| 20:00 | Erw. mit Taktik- raining | 20:30-22:00 Ballspport | | | 20:00-21:00 SPINNING (Kurs) | | | | | | | | | | | | | |
| 20:15 | | | | | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | |
| Sozialraum | Jeden 2. Montag im Monat Vorstands-Sitzung Tennis | | | | | | 17.00 - 18.00 Geschäftsstunde außer in den Ferien | | | Jeden 1. Montag im Monat ab 19:00/19:30 MTV-Vorstandssitzung | | | | | | | | |