

Trainingsübersicht SKG Gablenberg e.V.

Zeit	Montag				Dienstag				Mittwoch				Donnerstag				Freitag	
08:00																		
08:15																		
08:30	Fit in den Tag																	
08:45																		
09:00	Fitness-gymnastik																	
09:15																		
09:30																		
09:45																		
10:00																		
10:15	Fitness-gymnastik																	
10:30																		
10:45																		
11:00	Senioren-gymnastik																	
11:15																		
11:30																		
11:45																		
12:00																		
12:15	Reha-Sport (12:10-13:05)																	
12:30																		
12:45																		
13:00																		
13:15																		
16:00																		
16:15																		
16:30																		
16:45	Wirbel-säule																	
17:00																		
17:15																		
17:30																		
17:45	Pilates																	
18:00																		
18:15																		
18:30																		
18:45																		
19:00	Theater	Full Body Workout	Pilates	Handball														
19:15																		
19:30																		
19:45																		
20:00																		
20:15																		
20:30																		
20:45																		
21:00																		
21:15																		
21:30																		
21:45																		
22:00																		

Sporthalle

Albert-Gemring-Halle	Grund- u. Werkr. Gablenberg	Wagenburg	Zeppelin	Fuchsrain	Berger Schule	Flatrow	Ek Stuttgart
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