


| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-------|------------------------|---------------------------------|------------------------|-----------------------------|---|
| 8:00 | | | | |  |
| 8:30 | | | | | |
| 9:00 | | | 09:00:Nordic Walking | | |
| 9:30 | | | Inge Huber | | |
| 10:00 | | | (Treffpunkt Sportheim) | | |
| 10:30 | | | | | |
| 11:00 | | | | | |
| 11:30 | | | | | |
| 12:00 | | | | | |
| 12:30 | | | | | |
| 13:00 | | | | | |
| 13:30 | | | | | |
| 14:00 | 14:00: Gymnastik Damen | | | | |
| 14:30 | Gabi Gangnus | | | | |
| 15:00 | | 15:00: Wirbelsäule, Osteoporose | | | |
| 15:30 | | Irene Kammerloher | | | |
| 16:00 | 16:00: Leichtathletik | | 16:00: Eltern - Kind | | 16:00: Judo |
| 16:15 | Hans Katzenbogner | | Turnen | | Luis |
| 16:30 | Sport nach eins | | | | Steinleitner |
| 16:45 | für 3./4. Klasse | | | | |
| 17:00 | | 17:00: Kinderturnen | 17:00: Judo | 17:00: Kinderturnen | |
| 17:15 | | ab 7 Jahre | Stefan | 4-6 Jahre | |
| 17:30 | | Carla Happ | Steinsdorfer | Carla Happ | |
| 17:45 | 17:45: Leichtathletik | | | | |
| 18:00 | ab 5. Klasse | 18:00: Tischtennis | | 18:00:Tischtennis - Jugend | |
| 18:15 | Kathrin Warta | Jugend | | Christian Guck | |
| 18:30 | | Christian Guck | | | |
| 18:45 | | | | | |
| 19:00 | | | | | 19:00: Gymnastik Erwachsene |
| 19:30 | 19:30: Gymnastik Damen | 19:30: Tischtennis | 19:30: Bodyfit | 19:30: Tischtennis - Herren | Leonhard Henglein |
| 20:00 | Pilates; | Herren | Johanna Schuhbauer | | 20:00: Volleyball |
| 20:30 | Gabi Huber | | 20:30: Power Yoga | | Manfred Rinke-Ludwig |
| 21:00 | | | Johanna Schuhbauer | | (im Wechsel mit Turnhalle |
| 21:30 | | | | | Paunzhausen) |
| 22:00 | | | | | |