

Oktober 2022

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-----------|-------------------|-------------------|----------------------------------------------------|-------------------------|--------------------------------|
| KW | 03.10.2022 | 04.10.2022 | 05.10.2022 | 06.10.2022 | 07.10.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Christine 19:00 Fitness Christine | 19:00 Fitness Roswitha | 18:00 Fitness Online Gesa |
| KW | 10.10.2022 | 11.10.2022 | 12.10.2022 | 13.10.2022 | 14.10.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Britta 19:00 Fitness Klaus | 19:00 Fitness Klaus | 18:00 Fitness Online Christine |
| KW | 17.10.2022 | 18.10.2022 | 19.10.2022 | 20.10.2022 | 21.10.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Roswitha 19:00 Fitness Klaus | 19:00 Fitness Christine | 18:00 Fitness Online Thoya |
| KW | 24.10.2022 | 25.10.2022 | 26.10.2022 | 27.10.2022 | 28.10.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Britta 19:00 Fitness Klaus | 19:00 Fitness Klaus | 18:00 Fitness Online Gesa |

November 2022

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-----------|-------------------|-------------------|---------------------------------------------------|-------------------------|--------------------------------|
| KW | | 01.11.2022 | 02.11.2022 | 03.11.2022 | 04.11.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Roswitha 19:00 Fitness Klaus | 19:00 Fitness Christine | 18:00 Fitness Online Thoya |
| KW | 07.11.2022 | 08.11.2022 | 09.11.2022 | 10.11.2022 | 11.11.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Thoya 19:00 Fitness <i>MV</i> | 19:00 Fitness Roswitha | 18:00 Fitness Online Christine |
| KW | 14.11.2022 | 15.11.2022 | 16.11.2022 | 17.11.2022 | 18.11.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Roswitha 19:00 Fitness Christine | 19:00 Fitness Klaus | 18:00 Fitness Online Gesa |
| KW | 21.11.2022 | 22.11.2022 | 23.11.2022 | 24.11.2022 | 25.11.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Klaus 19:00 Fitness Thoya | 19:00 Fitness Christine | 18:00 Fitness Online Thoya |
| KW | 28.11.2022 | 29.11.2022 | 30.11.2022 | | |
| | | 19:00 Outdoor Fin | 18:00 Fitness Britta 19:00 Fitness Klaus | | |

Dezember 2022

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-----------|-------------------|-------------------|-------------------------------------------------|-------------------------|--------------------------------|
| KW | | | | 01.12.2022 | 02.12.2022 |
| | | | | 19:00 Fitness Roswitha | 18:00 Fitness Online Thoya |
| KW | 05.12.2022 | 06.12.2022 | 07.12.2022 | 08.12.2022 | 09.12.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Roswitha 19:00 Fitness Britta | 19:00 Fitness Klaus | 18:00 Fitness Online Christine |
| KW | 12.12.2022 | 13.12.2022 | 14.12.2022 | 15.12.2022 | 16.12.2022 |
| | | 19:00 Outdoor Fin | 18:00 Weihnachtstraining | 19:00 Fitness Christine | 18:00 Fitness Online Gesa |
| KW | 19.12.2022 | 20.12.2022 | 21.12.2022 | 22.12.2022 | 23.12.2022 |
| | | 19:00 Outdoor Fin | 18:00 Fitness Christine 19:00 Fitness Britta | 19:00 Fitness Klaus | Ferien |
| KW | 26.12.2022 | 27.12.2022 | 28.12.2022 | 29.12.2022 | 30.12.2022 |
| | Ferien | 19:00 Outdoor Fin | Ferien | Ferien | Ferien |

Weitere Kurse ohne Trainerwechsel:

| Kurs | Trainer/ Trainerin | Tag und Uhrzeit | Anmerkungen |
|----------------|-------------------------------|---------------------------------|-------------------------------------------|
| Kinderturnen | Ute | mittwochs, 17:00-18:00 Uhr | Vorerst Vertretung durch Bianca. |
| Inliner-Hockey | Thorsten | donnerstags, 19:00-20:00 Uhr | |
| Yoga | Sylwia | donnerstags, 18:00-19:30 Uhr | entfällt bis einschließlich 13.10.2022 |
| Volleyball | Bianca | donnerstags, 20:00-22:00 Uhr | |
| Qi Gong | Lisa | donnerstags, 20:00-21:00 Uhr | |