



Course Overview SS 2024 11.03.2024 - 03.07.2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Mehrzweckhalle	11.00 - 12.00 Active Break	16.30 - 18:00 Kickboxing-Mixed	11.15 - 11.45 Moving Break	17.00 - 18.00 Family Sports	16.00 - 18.00 Volleyball
	16.30 - 18.00 Floorball	18.00 - 19.30 Kendo	16.00 - 17.00 Hoop Dance	18.00 - 19.30 Table Tennis	18.00 - 20.00 Badminton
	18.00 - 20.00 Badminton	19.30 - 21.00 Handball	17.00 - 18.00 Power-Fit	19.30 - 21.00 Volleyball Beginner 2	20.00 - 22.00 Badminton
	20.30 - 23.30 Football		18.00 - 19.30 Karate	21.00 - 22.30 Volleyball Advanced	
			19.30 - 21.00 Volleyball Beginner 1		
		21.00 - 22.30 Basketball			
GFK Studio	12.00 - 13.30 GFK Studio Introduction	12.30 - 14.00 GFK Studio Introduction	12.00 - 13.30 GFK Studio Introduction		
Campus Innenstadt			17.00 - 18.00 Introduction glider license		14.30 - 17.00 Mountainbiking
			18.00 - 19.00 Introduction diving license		
			19.00 - 20.30 Introduction boat license		
Scheffelberg				13.00 - 13.30 Moving Break -Yoga	
Zwickau Zentrum	17.00 - 18.30 Tai Chi		17.00 - 18.00 Yoga	7.00 - 8.00 ZEN-Meditation	17.30 Chess
			19.30 - 21.00 ZEN-Meditation		
Kletterhalle Knopffabrik	18.30 - 21.30 Climb Advanced		18.30 - 21.30 Climb Beginners		
Glück Auf Halle Zwickau		21.00 - 22.00 Swimming			
AKS Schneeb erg		18.30 - 19.30 Body Active			
AKS Markneukirchen				19.30 - 21.00 Yoga	
Crimmitschau Tennis					