

**Trainingsplan Hallenfitness SVG**  
**( Sporthalle Im Hespe )**  
**ab 13.08.2026**

|       | Mo                                 | Di                           | Mi                                         | Do                                          |
|-------|------------------------------------|------------------------------|--------------------------------------------|---------------------------------------------|
| 17:00 | BodyStyling<br>MIX mit<br>Christin | Cardio-Mix<br>mit Nathalie   |                                            |                                             |
| 17:30 |                                    |                              |                                            |                                             |
| 18:00 | Rücken-Fit<br>mit<br>Christin      | Soft-Yoga<br>mit<br>Nathalie |                                            |                                             |
| 18:30 |                                    |                              |                                            | Step mit<br>Monika/<br>Nelly<br>(bis 30.09) |
| 19:00 | Zumba®<br>mit Danny                | Yoga-MIX<br>mit Ute          |                                            | Fit & Fun<br>mit Holger                     |
| 19:30 |                                    |                              |                                            |                                             |
| 20:00 |                                    | Ballspiele<br>mit Ralf       | Step mit<br>Monika/<br>Nelly<br>(ab 28.10) |                                             |
| 20:30 |                                    |                              |                                            |                                             |
| 21:00 |                                    |                              |                                            |                                             |
| 21:30 |                                    |                              |                                            |                                             |
| 22:00 |                                    |                              |                                            |                                             |

**Turnhalle der  
Carolyn Herschel  
Realschule**

| So                                                                  |
|---------------------------------------------------------------------|
|                                                                     |
|                                                                     |
|                                                                     |
|                                                                     |
| Langhantel-<br>Training<br>mit Monika<br><b>10:30-<br/>12:00Uhr</b> |
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|                                                                     |

|       | Fr                    |
|-------|-----------------------|
| 17:00 |                       |
| 17:30 |                       |
| 18:00 | Pilates mit<br>Monika |
| 18:30 |                       |
| 19:00 |                       |
| 19:30 |                       |
| 20:00 |                       |
| 20:30 |                       |
| 21:00 |                       |
| 21:30 |                       |
| 22:00 |                       |

**Turnhalle  
Am Kleegrund**

|       | Mo                                 | Di |
|-------|------------------------------------|----|
| 17:00 |                                    |    |
| 17:30 |                                    |    |
| 18:00 | Cardio-<br>Boxing mit<br>Sebastian |    |
| 18:30 |                                    |    |
| 19:00 |                                    |    |
| 19:30 |                                    |    |
| 20:00 |                                    |    |
| 20:30 |                                    |    |
| 21:00 |                                    |    |
| 21:30 |                                    |    |
| 22:00 |                                    |    |