









Volles Programm im KJC Sportcenter 2021

gültig ab August 2021

| Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | Samstag | |
|-------------------------------------|---|---|-------------------------|---|---|--|--|-------------------------------|--|---|--|---|---|---|--|---------------|
| Gym 1 | Gym 2 | Gym 3 | Gym 1 | Gym 2 | Gym 3 | Gym 1 | Gym 2 | Gym 3 | Gym 1 | Gym 2 | Gym 3 | Gym 1 | Gym 2 | Gym 3 | Gym 2 | |
| | 8:45 – 12:00 | 9:00 – 10:00 | 9:30 – 10:30 | 9:15 – 10:15 | 9:15 – 10:45 | 9:00 – 10:00 | | | 9:15 – 10:30 | 9:15 – 10:15 | 8:45 – 10:15 | 9:00 – 10:00 | 8:45 – 12:00 | | 11:00 – 12:30 | |
| | Kids-Club | Jump and Tone | Faszio® Training | Tai Chi | Modern Dance | ZUMBA FITNESS | | | Bauch-Beine-Po | Tai Chi | Yoga | Fun Step | Kids-Club | | Capoeira | |
| | B/M/F Alexandra | B/M/F Alexandra | B/M/F Alexandra | <i>clubaktiv</i> Dietmar | F1 Nicola | B/M/F Tatjana | | | B/M/F Tina | Helmut | B/M/F Cindy | M/F Yvonne | <i>clubaktiv</i> | | Kids/Jugendl 6 – 14 Jahre Paulo/Caro | |
| 10:00 – 11:00 |  | 10:15 – 11:15 | | 10:15 – 11:15 | 11:00 – 12:00 | 10:15 – 11:30 | 8:45 – 12:00 | | 8:45 – 12:00 | 10:15 – 11:15 | | 10:00 – 11:00 |  | 10:15 – 11:15 | | |
| Indoor Cycling Basic | <i>clubaktiv</i> Ede | Pilates | | Medi-Fit | Strong Nation® | Yoga | Kids-Club | | Kids-Club | Medi-Fit | | Indoor Cycling Basic | <i>clubaktiv</i> Yvonne | Pilates | Gym 3 | |
| | | B/M/F Alexandra | | <i>clubaktiv</i> Jürgen | B/M/F Andrea | B/M/F Andrea |  | |  | <i>clubaktiv</i> Alex | | <i>clubaktiv</i> | <i>clubaktiv</i> Alexandra | B/M/F Alexandra | 10:00 – 11:30 | |
| | | | | | | | | | | | | | | | Aerial Yoga | |
| | | | | | | | | | | | | | | | B/M/F Max R. | |
| | | Fitness | | 14:00 – 15:00 | Fitness | | | | Fitness | | | Fitness | | | | |
| | | 14:00 – 17:30 | | Judo | 14:00 – 17:30 | | | | 14:00 – 17:30 | | | 14:00 – 17:30 | | | | |
| | | Fitness für Jugendliche | | Beginner 6 – 8 Jahre Christa | Fitness für Jugendliche | | | | Fitness für Jugendliche | | | Fitness für Jugendliche | | | | |
| | | 12 – 16 Jahre | | 12 – 16 Jahre | 12 – 16 Jahre | | | | 12 – 16 Jahre | | | 12 – 16 Jahre | | | | |
| 17:00 – 18:00 | 14:00 – 15:00 | | | 15:00 – 16:00 | | | | | | | | | | | | |
| Medi Fit | Judo | | | Judo | | | | | | | | | | | | |
| Alex | Beginner 4 – 5 Jahre Christa |  | | Beginner 8 – 12 Jahre Christa |  | | | |  | | |  | | | | |
| 18:00 – 19:00 | 15:00 – 16:00 | | | 16:00 – 17:00 | 16:00 – 17:00 | | 16:00 – 17:00 | | | 15:30 – 16:30 | 15:45 – 16:30 | 15:30 – 16:30 | 15:00 – 16:30 | 15:30 – 16:30 | | |
| ZUMBA FITNESS | Judo | | | Judo | Karate | | Karate | | | Judo | Karate | | Karate | Karate | | |
| B/M/F Julia | Beginner 6 – 9 Jahre Christa | | | Fortgeschr. 10 – 12 Jahre Christa | weiß – orange 6 – 9 Jahre Johanna | | weiß – orange Patric | | | Fortgeschr. 10 – 12 Jahre Christa | Bambini Beginner 3 – 5 Jahre Patric | | Wettkampfgruppe Kids Einsteiger Janina | Judo | Karate | |
| 18:30 – 19:30 | 16:30 – 17:30 | 17:00 – 18:00 | | 17:00 – 18:00 | 17:00 – 18:00 | | 17:00 – 18:00 | | 17:00 – 18:00 | 16:30 – 18:00 | 16:30 – 17:30 | | 16:30 – 18:00 | 16:30 – 18:00 | 16:30 – 17:30 | |
| Lauftreff | Judo | Karate | | Judo | Karate | | Karate | | externe Belegung | Judo | Karate | | Yoga Vinyasa | Karate | Karate | |
| für Beginner B/M/F Dali | Fortgeschr. 10 – 12 Jahre Christa | weiß – braun ab 6 Jahre | | Beginner 12 – 15 Jahre Christa | ab grün 6 – 11 Jahre Johanna | | grün – braun Patric | | | Wettkampfgruppe U 12 – 15 Christa | Bambini Fortgeschrittene Patric | | B/M/F Alina | Wettkampfgruppe U 16 Matze | Jugend ab grün Klaus | |
| | 17:30 – 19:00 | 18:00 – 19:00 | | 17:30 – 19:00 | 18:00 – 19:00 | | 18:00 – 19:00 | | 18:00 – 19:00 | 17:30 – 19:00 | 18:00 – 19:00 | 17:30 – 19:00 | 18:00 – 19:00 | 18:00 – 19:00 | 18:30 – 20:00 | |
| | Judo | Karate | | Yoga Vinyasa | Medi-Fit | | Indoor Cycling | | Faszio Stretch | Vinyasa Yoga | Medi Fit | Modern Dance | Strong Nation® | Karate | Strong Nation® | |
| | Fortgeschrittene U 15 – U 18 Christa | Höhere Katas braun – schwarz Günter | | B/M/F Claudia | <i>clubaktiv</i> Michael | | B/M/F Yvonne | | ab Juli B/M/F Simone | ab Juli B/M/F Simone | <i>clubaktiv</i> Ari | F2 Judith | B/M/F Andrea | Karate Stützpunkt- training Lazar | B/M/F Andrea | |
| 19:00 – 20:00 | 19:00 – 20:15 | 19:00 – 20:00 | | 19:00 – 20:00 | 18:30 – 20:00 | 19:00 – 20:00 | 19:00 – 20:00 | 18:45 – 20:15 | 19:00 – 20:00 | 19:00 – 20:00 | 19:00 – 20:00 | 19:00 – 20:00 | 19:00 – 20:30 | 19:00 – 20:00 | 18:30 – 20:00 | 14:00 – 16:00 |
| Power Workout | Karate | TAEBO 2.0 | | Iron Workout | Judo | Karate | Bauch-Beine-Po | Capoeira | TAEBO 2.0 | Pilates | Judo | Karate | Capoeira | Karate | Aikido | |
| B/M/F Michelle | Stützpunkt- training Günter/Lazar | M/F Ahmet | | B/M/F Margit | Fortgeschrittene U 15 – U 18 Christa | Unter- und Mittelstufe Reinhard | B/M/F Yvonne | ab 14 Jahre B/M/F Paulo | Intro B/M Team | B/M/F Gabi | Fortgeschr. 14 – 18 Jahre Christa | Unter- und Mittelstufe Günter | B/M/F Paulo | Unterstufe Erwachsene Kenan | Fortgeschr. bis 16 Jahre Markus/Redmer | |
| 20:00 – 21:00 | | 20:00 – 21:00 | | 20:00 – 21:00 | 20:00 – 21:30 | 20:00 – 21:15 | 20:00 – 21:30 | 20:15 – 21:45 | | 20:00 – 21:00 | 20:00 – 21:30 | 20:00 – 21:15 | | 20:00 – 21:30 | 20:00 – 21:30 | 17:30 – 20:00 |
| Yoga | | Fitness Boxen | | Indoor Cycling | Judo | Karate | Yoga Release | Grappling | | Indoor Cycling | Judo | Karate | | Aikido | MMA | |
| <i>clubaktiv</i> Andrea/Reinhard | | B/M/F Helmut | | B/M/F Andy | Beginner+Fortg. Erwachsene Christa | Oberstufe braun – schwarz Reinhard | Beginner Max | B/M/F Viktor | | B/M/F Andreas | Beginner + Fortg. Erwachsene Christa | Oberstufe braun – schwarz Günter | | Beginner, Fortg. Waffen Jo | Mixed Martial Arts Viktor | |

Sonntag

| Gym 1 | Gym 2 | Gym 3 |
|-------------------------------|-------|-------|
| 17:30 – 20:00 | | |
| externe Belegung | | |
| | | |
| Gym 2 | | |
| 10:00 – 12:00 Uhr | | |
| Karate freies Training | | |
| für alle Gürtelgrade | | |
| | | |
| Gym 3 | | |
| 10:00 – 11:00 | | |
| Strong Nation® | | |
| B/M/F Andrea | | |
| 14:00 – 16:00 | | |
| MMA | | |
| Mixed Martial Arts | | |
| Viktor | | |
| 17:30 – 20:00 | | |
| externe Belegung | | |



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Öffnungszeiten

Montag - Freitag 8.30 - 22.00 Uhr
Samstag, Sonntag, Feiertage 9.30 - 20.00 Uhr

Kids-Club

Betreute Zeiten sind von Montag - Freitag 8.45 - 12.00 Uhr

Viel Spaß beim Sport wünscht Ihnen Ihre



Interaktion Sport erleben!