

Informationen

Allgemein und ♥ Kurse

SVGG Geschäftsstelle

Friedhofstr. 1
71254 Ditzingen-Hirschlanden
07156-6365
info@svgg-online.de

Mittwoch 17.00 – 19.00 Uhr
Donnerstag 8.30 – 12.00 Uhr
Freitag 15.30 – 17.30 Uhr

Damengymnastik

Abteilungsleitung

Erika Wahl
07156-4356246
erika.wahl.svgg@email.de

Jedermannsport

Abteilungsleitung

Manfred Wörner
07156-2075100
svgg-jedermaenner@arcor.de

Ski & Bike

Abteilungsleitung











Gerhard Jaenicke
07156-436313
gerhard.jaenicke@upja.de

Sportstätten:

STH: Schulturnhalle Theodor-Heuglin-Schule
KKH: Karl-Koch-Halle
AFH: Alfred-Fögen-Halle
SGS: Sportgelände Seehansan

Zeitplan zum GYMWELT-Programm

2018

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
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| | | <p>♥ 9.30 – 11.00 Yoga mit Pilates f. Muttis/ Omis AFH / Gym.saal</p> <p> 10.00 – 11.00 Jedermannsport Senioren KKH / großer Saal</p> | <p>♥ 8.30 – 09.30 Pilates AFH / Gym.saal</p> <p>♥ 10.00 – 11.00 Fit bis ins Alter f. Mann/Frau KKH / kleiner Saal</p> | <p>♥ 8.00 – 9.15 Hatha Yoga AFH / Gym.saal</p> <p> 9.30 – 11.00 Jedermannsport Senioren AFH / Gym.saal</p> |
| <p> 18.00 – 19.00 Lady's Fitness AFH / Halle</p> <p> 19.00 – 20.00 Lady's Fitness AFH / Halle</p> <p> 19.30 – 21.30 Jedermannsport Männer AFH / Halle (ab 01.05.-01.11. 19.15 – 21.30 SGS)</p> <p>♥ 20.00 – 21.15 Hot Iron® 2a AFH / Gym.saal</p> | <p> 17.30 – 18.30 Best Ager 55 Plus AFH / Gym.saal</p> <p> 18.00 – 19.30 Sturzprophylaxe KKH / großer Saal</p> <p>♥ 19.45 – 20.45 Pilates meets Flexibar® KKH / kleiner Saal</p> | <p>♥ 18.00 – 19.00 Hot Iron® 1 AFH / Gym.saal</p> | <p> 18.30 – 19.30 Gymnastik Damen KKH / großer Saal</p> <p> 20.00 – 21.30 Skigymnastik KKH / großer Saal</p> <p> 20.00 – 22.00 Jedermannsport Männer STH (ab 01.05.-01.11. 19.00 – 21.00 SGS)</p> | <p>♥ 17.45 – 19.00 Hot Iron® 2 AFH / Gym.saal</p> <p>♥ 18.30 – 19.30 Functional Core-Training STH</p> |



+ Kursangebote

S paß
V italität
G esundheit
G eselligkeit



**Sportvereinigung
Hirschlanden-
Schöckingen
1947 e.V.**