

Sommerferienprogramm 2026

Vom 09. Juli bis 19. August



	Montag	Dienstag	Mittwoch	Donnerstag		Freitag	
9:00				9:00 Pilates			9:00
:15							:15
:30							:30
:45							:45
10:00		10:00 Boccia	10:00 Frühgym		10:00 Nordic Walking	10:00 Rücken-Fit	10:00
:15							:15
:30							:30
:45							:45
11:00		11:00 Yoga	11:00 Yoga	11:00 Senioren Fit	Mobil +		11:00
:15							:15
:30							:30
:45							:45
12:00							12:00
:15							:15
:30							:30
:45							:45
16:00							16:00
:15							:15
:30							:30
:45							:45
17:00	17:00 Rücken-Fit				17:00 Boccia		17:00
:15							:15
:30							:30
:45							:45
18:00		18:00 Functional Athletic				17:00 Beachvolleyball	18:00
:15							:15
:30	18:30 Beachvolleyball	19:00 Sommergym ISS 1-Feld Regen		18:30 Yoga	19:00 CrossTraining		:30
:45							:45
20:00			20:00 Pickleball Training		19:00 Badminton		20:00
:15							:15
:30							:30
:45							:45
21:00							21:00
:15							:15
:30							:30
:45							:45
22:00							22:00
:15							:15
:30							:30
:45							:45

Wo finde ich:

ARENA
Waldingstr. 91

CLUBHAUS Waldingstr. 91

DRAUSSEN Auf dem
TSC Sportplatz

ISS Einfeld Halle Eingang
Am Pfeilshof 20

BEACH ISS
Schulgelände

ISS MZR Eingang Am
Pfeilshof 20