**FABRIK FÜR KULTUR UND STADTTEIL**

# FESTE TERMINE SPORT, FITNESS, GESUNDHEIT, TANZ

| am | Montag | | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| wo | Studio für Budo- | Mehrzwecksaal | Club-Keller | Seminarraum | Studio für Budo- | Mehrzwecksaal | Club-Keller | Seminarraum | Studio für Budo- | Mehrzwecksaal | Club-Keller | Seminarraum | Studio für Budo- | Mehrzwecksaal | Club-Keller | Seminarraum | Studio für Budo- | Mehrzwecksaal | Club-Keller | Seminarraum | |
| | Sport u. Bewegungslehre | | | | Sport u. Bewegungs | Bewegungsfläche | | | Sport u. Bewegungs | Bewegungsfläche | | | Sport u. Bewegung | Bewegungsfläche | | | Sport u. Bewegun | Bewegungsfläche | | | |
| | J.Krass-Kuth | | | | | (Mehrzwecksaal) | | | | (Mehrzwecksaal) | | | | (Mehrzwecksaal) | | | | (Mehrzwecksaal) | | | |
| | Raum 17 | Raum 19 | Raum 20 | Raum 1 | Raum 17 | Raum 19 | Raum 20 | Raum 1 | Raum 17 | Raum 19 | Raum 20 | Raum 1 | Raum 17 | Raum 19 | Raum 20 | Raum 1 | Raum 17 | Raum 1 | Raum 2 | Raum | wann |
| 10:00 | | | | | | | | | | | | | | | | | | | | | 10:00 |
| 11:00 | | | | | | | | | | | | | | | | | | | | | 11:00 |
| 12:00 | | | | | | | | | | | | | | | | | | | | | 12:00 |
| 13:00 | | | | | | | | | | | | | | | | | | | | | 13:00 |
| 14:00 | | | | | | | | | | | | | | | | | | | | | 14:00 |
| 15:00 | | | | | | | | | | | | | | | | | | | | | 15:00 |
| 16:00 | | | | | | | | | | | | | | | | | | | | | 16:00 |
| 16:15 | | | | | | | | | | | | | | | | | | | | | 16:15 |
| 16:30 | | | | | | | | | | | | | | | | | | | | | 16:30 |
| 16:45 | | | | | | | | | | | | | | | | | | | | | 16:45 |
| 17:00 | TaekwonDo | | | | TaekwonDo | | | | TaekwonDo | | | | TaekwonDo | | | | TaekwonDo | | | | 17:00 |
| 17:15 | Kinder Gruppe 1 | | | Step Touch | Kinder Gruppe 2 | | | | Kinder Gruppe 1 | | | | Kinder Gruppe 2 | | CAPOEIRA | | Jugendgruppe | | | | 17:15 |
| 17:30 | | | | LifeTimeFitness | | | | | | | | Yoga | | | Kindertraining | | | | | | 17:30 |
| 17:45 | | Thai & Kick Boxen | | Fr. Monika Herper | | | | | | | | Kneipp-Verein | | Thai & Kick Boxen | | | | | | | 17:45 |
| 18:00 | | Kindertraining | | | | | 1. Rock'n'Roll | | | | | Düren Ost | | Kindertraining | | | | | | | 18:00 |
| 18:15 | Hapkido | | | | TaekwonDo | Pilates und | Verein Düren e.V. | | Hapkido | | | | TaekwonDo | | Jugendliche | | TaekwonDo | | | | 18:15 |
| 18:30 | | | | Pilates & Entspannung | Jugendgruppe | Rücken-Coaching | | | | | | Yoga | Jugendgruppe | | & Erwachsene | | Erwachsene | | | | 18:30 |
| 18:45 | | Thai & Kick Boxen | | LifeTimeFitness | | ReHA-Point | Boogie Woogie | | | | | Kneipp-Verein | | Thai & Kick Boxen | Brasilianischer | | | | | | 18:45 |
| 19:00 | | Lady-Kick | | Fr. Monika Herper | | Frau Herper | Standards | | | Thai & Kick Boxen | | Düren Ost | | Lady-Kick | Tanz- u. Kampf- | | | | | | 19:00 |
| 19:15 | | | | | | | | | | Lady-Kick | | | | | sport mit | | | | | | 19:15 |
| 19:30 | TaekwonDo | | | Pilates & Entspannung | | Speed Fitness | Training | | TaekwonDo | | BIODANZA | Yoga | | | Frau Entelmann | Qi Gong | | | | | 19:30 |
| 19:45 | Erwachsene | Thai & Kick Boxen | | LifeTimeFitness | | Frau Herper | für Kinder | | Erwachsene | | 14 täglich | Kneipp-Verein | | Thai & Kick Boxen | | Kursus m. | | | | | 19:45 |
| 20:00 | | Erwachsene | | Fr. Monika Herper | | | f. Fortgeschrit- | | | Thai & Kick Boxen | ab 07.10.09 | Düren Ost | | Erwachsene | | Herrn Schroedl | | | | | 20:00 |
| 20:15 | | | | | | | tene | | | Erwachsene | Andrea Kles- | | | | | | | | | | 20:15 |
| 20:30 | | | | | | | | | | | sascheck | | | | | | | | | | 20:30 |
| 20:45 | | | | | | Win Tsun | | | | | Uwe Gauer | | | | | | | | | | 20:45 |
| 21:00 | | | | | | (Die verbor- | | | | | 21.10., 04.11., | | | | | | | | | | 21:00 |
| 21:15 | | | | | | gene Kraft) | | | | | 18.11., 02.12. | | | | | | | | | | 21:15 |
| 21:30 | | | | | | SiFu J. Krause | | | | | 16.12.09 | | | | | | | | | | 21:30 |
| 21:45 | | | | | | | | | | | | | | | | | | | | | 21:45 |