

Hallenbelegplan Bürgerhaus Garnberg

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | |
|-------|--|--|---|---|--|--|
| 08:00 | | | | | | |
| 08:15 | | | | | | |
| 08:30 | | | | | | |
| 08:45 | | | | | | |
| 09:00 | 9:00-11:00 Uhr Kindergarten Garnberg | 9:00-11:00 Uhr Kindergarten Garnberg | | 9:00-13:00 Uhr Grundschule Amrichshausen | 8:45-11:15 Uhr Kindergarten Amrichshausen | |
| 09:15 | | | | | | |
| 09:30 | | | | | | |
| 09:45 | | | | | | |
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| 15:30 | | | | | | |
| 15:45 | | | | | | |
| 16:00 | | | | | | |
| 16:15 | 16:00-17:00 Uhr Kinderturnen 5-7 Jahre | | 16:00-17:00 Uhr Kleinkind-Turnen ab 3 Jahren | | | |
| 16:30 | | | | | | |
| 16:45 | | | | | | |
| 17:00 | | | | | | |
| 17:15 | 17:00-18:00 Uhr Kinderturnen 7-12 Jahre | | | | | |
| 17:30 | | | | | | |
| 17:45 | | | | | | |
| 18:00 | | | | | | |
| 18:15 | 18:00-19:00 Uhr Zumba | 18:00-19:00 Uhr Fitness | | 17:45-18:50 Uhr Pilates | 17:30-18:30 Uhr Tischtennis- Jugend, Anfänger | |
| 18:30 | | | | | | |
| 18:45 | | | | | | |
| 19:00 | 19:00-20:00 Uhr Frauengymnastik Gruppe I | | 18:00-20:00 Uhr Tischtennis-Jugend, Fortgeschrittene | 19:00-20:00 Uhr Aerobic | 18:30-20:00 Uhr Tischtennis- Jugend, Fortgeschrittene | |
| 19:15 | | | | | | |
| 19:30 | | | | | | |
| 19:45 | | | | | | |
| 20:00 | 20:00-21:00 Uhr Frauengymnastik Gruppe II | 19:30-21:30 Uhr Gesangverein Garnberg | | 20:00-22:00 Uhr Tischtennis- Herren | 20:00-21:30 Uhr Seniorenportler | |
| 20:15 | | | | | | |
| 20:30 | | | | | | |
| 20:45 | | | 20:15-21:15 Uhr Funktionsgymnastik | | | |
| 21:00 | | | | | | |
| 21:15 | | | | | | |
| 21:30 | | | | | | |
| 21:45 | 21:15-22:30 Uhr Männersport Aktive | | | | | |
| 22:00 | | | | | | |
| 22:15 | | | | | | |
| 22:30 | | | | | | |

Die Tischtennis-Damen trainieren mittwochs um 19:30-21:30 Uhr in der Sporthalle in Nagelsberg

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| Angebot für Kinder |
| Fitness & Ausdauer |
| Tischtennis |