

| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-------|------------------------|--------------------------|---------------------|-----------------------|-------------------------|
| 08:30 | | | | | |
| 09:00 | | | | Rückengym. 9:00-10:00 | Zumba, 9:00 -10:00 |
| 09:30 | | | | Ulla | Astrid S. |
| 10:00 | | | | | |
| 10:30 | | | Polizei Winsen | | |
| 11:00 | | | 10:00-13:00 | | |
| 11:30 | | | | | |
| 12:00 | | | | | |
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| 15:00 | | | | | |
| 15:30 | | | | | |
| 16:00 | | | | | |
| 16:30 | | | | | |
| 17:00 | | Frauenfitniss, Anne Zwer | | | |
| 17:30 | Rückengym. 17:45-18:30 | 17:00-17:45 | Pilates, P. Berlin | | |
| 18:00 | Gruppe 2, Ulla | 17:45-18:30 | Kurs 1 | Yoga 18:15 -19:30 | Yoga 18:00 – 20:00 |
| 18:30 | Rückengym. 18:30-19:30 | Lüften bis 19:00 | 17:30-18:30 | Monica Neumann Dolan | Sophia Tammen |
| 19:00 | Gruppe 1, Ulla | Zumba, 19:00-20:00 | Kurs 2 | | |
| 19:30 | Singen, ab 19:30 | Daniela, 0172/4121480 | 18:45-19:45 | Tischtennis ab 19:30 | |
| 20:00 | | Selbstschutz Erwachsene | Tanzen, 20:00-22:00 | Fr. Schütt | Selbstschutz Erwachsene |
| 20:30 | | 20:00-23:00 | | 04171/73270 | 20:00-23:00 |
| 21:00 | | B. Randel | | | B. Randel |
| 21:30 | | | | | |
| 22:00 | | | | | |
| 22:30 | | | | | |
| 23:00 | | | | | |

Mehrzweckraum (Stand 11.03.23)