

Stand: 14.08.2023	the offer of the DJK Wassenberg e.V. 1979					
	Weekday	Time		Sports/Exercise Topics	Place	Building
	Monday	09:30	-	11:00	Dancing in the 2nd half of life	Wassenberg
	16:30	-	17:30	Exercise for parents and children	Wassenberg	Turnhalle Kirchstr.
	17:30	-	18:30	Eat the Hoop	Wassenberg	Turnhalle Kirchstr.
	18:30	-	19:30	Yoga	Effeld	Citizens' Hall
	20:00	-	21:30	Step, Tai Bo, Tabata	Wassenberg	Turnhalle Kirchstr.
	20:00	-	21:30	FIT and Fun – for everyone	Wassenberg	Turnhalle 1 Bergstr.
Tuesday	15:00	-	16:30	Gymnastics for women over 50	Effeld	Citizens' Hall
	16:30	-	17:45	Exercise for children 4 – 6	Wassenberg	Turnhalle Kirchstr.
	17:30	-	19:00	Athletics (April – September)	Orsbeck	Sports park
	17:30	-	19:00	Athletics (October – March)	Wassenberg	Turnhalle 1 Bergstr.
	16:30	-	17:15	Exercise for parents and child (< 3 years)	Orsbeck	Turnhalle
	17:15	-	18:00	Bewegung für Eltern und Kind (> 3 Jahre)	Orsbeck	Turnhalle
	18:00	-	19:00	Basketball 6 – 14 yearse	Wassenberg	Turnhalle 2 Bergstr.
	19:00	-	21:00	Basketball from 18 years	Wassenberg	Turnhalle 2 Bergstr.
	19:30	-	21:00	Power Fitness	Birgelen	Turnhalle Birgelen
Wednesday	09:30	-	11:00	Dancing in the 2nd half of life	Wassenberg	Parish Hall St. Georg
	09:30	-	10:30	Exercise in rehabilitation	Wassenberg	Parish Hall St. Mariä
	10:45	-	11:45	Exercise in rehabilitation	Wassenberg	Parish Hall St. Mariä
	17:00	-	18:30	Gymnastics for women over 50	Wassenberg	Turnhalle 1 Berstr.
	18:30	-	20:00	Body Fitness	Wassenberg	Turnhalle 1 Bergstr.
Thursday	14:30	-	16:00	Ball	Wassenberg	Pontorson place
	16:30	-	18:00	Exercise for children 4 – 6	Wassenberg	Turnhalle Kirchstr.
	17:30	-	19:00	Gymnastics for the spine	Wassenberg	Parish Hall St. Mariä
	18:00	-	19:00	Power, Dance and Fun	Birgelen	Turnhalle Birgelen
	18:30	-	20:00	Step, Tai Bo, Tabata	Wassenberg	Turnhalle Kirchstr.

		20:00	-	21:30	Functional gymnastics and ball game	Wassenberg	Turnhalle Kirchstr.
Friday		16:30	-	18:00	Exercise for children aged 7 and up	Wassenberg	Turnhalle Kirchstr.
		18:00	-	19:30	Karate / Goshin Jitsu / Kids	Wassenberg	Turnhalle 2 Bergstr.
		19:30	-	21:00	Karate / Goshin Jitsu / Adult	Wassenberg	Turnhalle2 Bergstr.
		17:00	-	18:30	Athletics (April – September)	Orsbeck	Sportpark
		18:00	-	19:30	Leichtathletik (Oktober – März)	Wassenberg	Turnhalle 1 Bergstr.
Sports Badge		17:00	-	19:30	Athletics (April – September)	Orsbeck	Sportpark
Ranger – Kids		14:00	-	16:00	more at www.djk-wassenberg.de	Wildenrath	NABU