



# Find your sport and join us!

## VfL Fredenbeck



Discipline		Time		Age	Gym
	Gymnastics	Monday	15:00 – 16:00	1-3	[HRA]
		Monday	16:15 – 17:00	3-4	[HRA]
		Monday	17:00 – 17:45	5-6	[HRA]
		Tuesday	15:00 – 16:00	6-8	[HRA]
		Tuesday	16:00 – 17:00	8-10	[HRA]
		Tuesday	17:00 – 18:00	Advanced	[HRA]
		Tuesday	18:00 – 19:00	> 50	[KHG]
		Friday	16:00 – 17:00	1-3	[HRE]
		Friday	17:00 – 18:00	1-3	[HRE]
	Table Tennis	Monday	19:30 – 22:00	Adults	[KHG]
		Friday	16:30 – 17:30	Youth beginners	
		Friday	17:30 – 18:30	Youth advanced	
		Friday	18:30 – 19:30	Youth competition	
		Friday	19:30 – 22:00	Adults	
	Archery	Monday	16:00 – 18:00	10-18	[HRA]
		Friday	19:30 – 22:00	Youth + adults	
	Judo	Monday	18:00 – 19:30	Adults	[KHG]
	Line Dance	Monday	19:00 – 20:00	Beginner	[Aula]
	Line Dance	Monday	20:00 – 21:00	Advanced	[Aula]
	Kids Dance	Tuesday	16:15 – 17:00	4-6	[HRA]
	Kids Dance	Tuesday	17:00 – 18:00	7 and older	[HRA]
	Fitness Dance	Tuesday	18:00 – 19:00	All	[HRA]
	Spinal Exercis	Monday	18:00 – 19:00	All	[HRA]
	Crosstraining	Monday	19:00 – 20:00	Advanced	[HRA]
	Crosstraining	Monday	20:00 – 21:00	Beginner	[HRA]
	Spinal Exercis	Tuesday	19:00 – 20:00	All	[KHG]
	X-Do	Tuesday	19:00 – 20:00	All	[HRA]
	Legs, Bums, Tums	Wednesday	18:00 – 19:00	All	[HRA]
	Workout 5	Wednesday	19:00 – 20:00	All	[HRA]
	Step Aerobic	Wednesday	19:00 – 20:30	All	[KHG]
	Bones in Balance	Thursday	15:30 – 16:30	All	[KHG]
	Sports for men	Thursday	18:30 – 20:00	All	[KHG]
Aqua-Fitness	Info: 04149/932503		All		

[KHG] = Kleine Halle Geestlandschule  
 [HRA] = Halle Raakamp  
 [Aula] = Geestlandschule Aula

First Contact:  
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Discipline		Time		Age	Gym
	Handball	Saturday	10:30 – 12:00	<8 male & female	[HRA]
		Tuesday	15:00 – 16:30	9-10 male	[GH]
		Thursday	15:00 – 16:30	9-10 male	[GH]
		Wednesday	16:30 – 18:00	9-10 female	[GH]
		Friday	15:00 – 16:00	9-10 female	[GH]
		Tuesday	16:00 – 17:30	11-12 male	[GH]
		Thursday	16:30 – 18:00	11-12 male	[GH]
		Wednesday	15:00 – 16:30	11-12 female	[GH]
		Friday	15:00 – 16:30	11-12 female	Stade-Ott.
		Monday	16:00 – 17:30	13-14 male	[GH]
		Tuesday	17:30 – 19:00	13-14 male	[GH]
		Friday	16:00 – 17:30	13-14 female	[GH]
		Wednesday	18:00 – 19:30	15-16 male	[GH]
		Thursday	18:00 – 19:30	15-16 male	[GH]
Monday	20:30 – 22:00	17-18 male	[GH]		
Wednesday	19:00 – 20:30	17-18 male	[GH]		
Friday	19:00 – 20:30	17-18 male	[GH]		

### What does it cost?

Children: 4-6 € per month

Adults: 9€ per month

[KHG] = Kleine Halle Geestlandschule

[HRA] = Halle Raakamp

[Aula] = Geestlandschule Aula

[GH] = Geestlandhalle

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