



English

Yoga*	<p>Fridays 15.45 to 16.45 hr Familienzentrum, R402, Mehringdamm 114, 10965 Berlin NATURISM. Members free of Charge. Guest's fee 8 €. All year.</p>
Yoga II	<p>Thursdays 20.15 to 21.15 hr Max-Schmeling-Halle, Fitn.-/Gym.-R., Am Falkplatz 1, 10437 Berlin NATURISM. Members free of Charge. Members only. All year with break for summer holidays.</p>
Workout	<p>Wednesdays 18.45 to 19.45 hr Familienzentrum, R101, Mehringdamm 114, 10965 Berlin NATURISM. Members free of Charge. Guest's fee 5 €. All year.</p>
Gymnastics*	<p>Fridays 18.00 to 19.00 hr Familienzentrum, R305, Mehringdamm 114, 10965 Berlin NATURISM welcome. Members free of Charge. Guest's fee 8 €. All year.</p>
Volleyball	<p>Mondays 19.30 to 21.30 hr Albr.-v.-Graefe-Schule, Graefestraße 85, 10967 Berlin NATURISM. Members free of Charge. Guest's fee 4 €. All year.</p>
Badminton	<p>Saturdays 15.00 to 17.00 hr Albr.-v.-Graefe-Schule, Graefestraße 85, 10967 Berlin NATURISM. Members free of Charge. Guest's fee 3 €. All year with break for summer holidays.</p>
Football	<p>Sundays 17.00 to 19.30 hr Albr.-v.-Graefe-Schule, Graefestraße 85, 10967 Berlin NATURISM. Members free of Charge. Guest's fee 3 €. All year with break for summer holidays.</p>
Table Tennis	<p>Wednesdays 19.20 to 21.20 und Fridays 19.00 to 21.00 hr Familienzentrum, R305, Mehringdamm 114, 10965 Berlin NATURISM welcome. Members free of Charge. Guest's fee 4 €. All year.</p>
Swimming	<p>Tuesdays 18.00 to 19.00 hr The pool is momentarily out of service. Gustav-Meyer-Schule, Kohlfurter Straße 22, 10999 Berlin NATURISM. Members free of Charge. Guest's fee 6 €. For members only NATURISM-swimming at Paracelsusbad (Sun) and Toulouse-Lautrec-Schule (Tue).</p>
Aquatic Gymnastics*	<p>Mondays 16.00 to 17.00 hr The pool is momentarily out of service. Gustav-Meyer-Schule, Kohlfurter Straße 22, 10999 Berlin NATURISM. Members free of Charge. Guest's fee 12 €. All year with break for summer holidays.</p>
Social gatherings	<p><i>1st Thursday evening of every month meeting with varying topics.</i> <i>Monthly hikes (seasonal).</i> <i>Visits and excursions.</i></p>
Further Info	<p>www.fsv-adolf-koch.de office@adolf-koch.de (030) 85 61 31 92</p>

**Familien-Sport-Verein
Adolf Koch e. V.**

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Vereinsregister:
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 VR 4175 B

Steuernummer:
 27 / 616 / 55897

Bankverbindung (IBAN):
DE31 1007 0024 0320 0243 00
 Deutsche Bank Berlin
 BIC: DEUTDE33

Mitglied im:
 Landesverband für
 Freikörperkultur Berlin-
 Brandenburg e. V. (LFK)

und damit im
 Deutscher Verband für
 Freikörperkultur e.V. (DFK)
und im
 Landessportbund Berlin e.V.
 (LSB)

Mitglied im
 Bezirkssportbund
 Friedrichshain-Kreuzberg e. V.
 (BSB FK)

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*With a certified trainer.

Status: 24 april 2018. **Subject to modifications.**