



English

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

Vereinssitz:
Familienzentrum
Mehringdamm 114
10965 Berlin

Postanschrift:
Nollendorfstraße 20
10777 Berlin

Tel.: (030) 85 61 31 92
Fax: (032) 121 40 56 22

www.fsv-adolf-koch.de
office@adolf-koch.de

Vereinsregister:
AG Charlottenburg
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)

Jürgen Krüll
Erster Vorsitzender
vorsitzender@adolf-koch.de

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| Swimming | <p>Tuesday 18.00 - 19.00 hr Gustav-Meyer-Schule, Kohlfurter Straße 22, 10999 Berlin NATURISM. Members free of Charge. Guest's fee 6 €. All year with break for summer holidays.</p> |
| Aquatic Gymnastics* | <p>Monday 18.00 - 19.00 hr ** Gustav-Meyer-Schule, Kohlfurter Straße 22, 10999 Berlin NATURISM. Members free of Charge. Guest's fee 14 €. All year with break for summer holidays.</p> |
| Yoga* | <p>Friday 15.45 - 16.45 hr Familienzentrum, R402, Mehringdamm 114, 10965 Berlin NATURISM. Members free of Charge. Guest's fee 8 €. All year.</p> |
| Workout | <p>Wednesday 18.45 - 19.45 hr Familienzentrum, R101, Mehringdamm 114, 10965 Berlin NATURISM. Members free of Charge. Guest's fee 5 €. All year.</p> |
| Gymnastics* | <p>Friday 18.00 - 19.00 hr Familienzentrum, R305, Mehringdamm 114, 10965 Berlin NATURISM welcome. Members free of Charge. Guest's fee 8 €. All year.</p> |
| Yoga II* | <p>Thursday 20.15 - 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> |
| Volleyball | <p>Monday 19.30 - 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>Saturday 15.00 - 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>Sunday 17.00 - 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>Wednesday 19.20 - 21.20 NATURISM welcome Friday 19.00 - 21.00 hr biweekly NATURISM/NATURISM welcome Familienzentrum, R305, Mehringdamm 114, 10965 Berlin Members free of Charge. Guest's fee 4 €.</p> |
| Social gatherings | <p><i>1st Thursday evening of every month meeting with varying topics. Hikes, visits, and excursions.</i></p> |
| Further Info | <p>www.fsv-adolf-koch.de office@adolf-koch.de (030) 85 61 31 92</p> |

* With a certified trainer

** Also 17.00 - 18.00 for guests (textile)

Status: 5 February 2019. **Subject to modifications.**