

KURSPLAN

	Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag				Sonntag			
	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4
07:00																												
07:30																												
08:00																												
08:30																												
09:00					09:00-10:00			9:00-10:00			8:45-10:15				9:00-10:00													
09:30	09:15-10:15 Rüden- gymnastik Karen				Hula Hoop Zumba Glorianna			WOYO Lynes			Qigong Ralf			Zumba Glorianna								9:30-10:30 Cardio Step Astrid				9:30-10:45 Cardio Workout + Strech Nicola		
10:00					10:10-11:10 Zumba Einsteiger Alina			10:10-11:00 Bodywork & More Lynes						10:00-11:00 Pilates Alexandra								10:30-11:30 Body-styling Astrid				10:45-12:00 PowerVit Nicola		
10:30	10:15-11:30 Cardio & Pilates Karen																											
11:00																												
11:30																												
12:00																												
15:00					15:45-16:35																							
16:00	16:00-16:50 BallettKids Nicola				Ballett Anfänger Nicola			16:00-16:50 Ballett Fortg. Nicola						16:00-16:50 Ballett Fortg. Nicola														
16:30					16:45-17:45 StreetJazz Teenz Nicola			17:00-17:50 StreetJazz Teenz Nicola						17:00-17:50 StreetJazz Teenz Nicola														
17:00	17:00-17:50 StreetJazz Kids Nicola				17:55-18:55 Breakdanc e Teenz Roberb Nicola			17:55-18:55 Modern Dance Teenz Nicola						17:00-17:50 Hip Hop Masa								17:00-18:00 Speed-ball Fitness Mirko						
17:30																												
18:00					18:00-19:30 HATHA YOGA Gerda			18:00-19:30 VINYASA FLOW YOGA Karin						18:00-19:00 Pilates Emel														
18:30	18:15-19:30 EasyDance Fitness Lena				19:00-20:30 HOT IRON & Cardio- Power Alessandro			18:00-19:00 Rücken- gymnastik Astrid						18:00-19:15 EasyDance Fitness Lena								18:00-19:00 Zumba Mirko			17:30-19:00 Rücken- Yoga Karin	17:45-18:45 Hip Hop Teenies (9- 11 Jährige) Alina		
19:00								19:00-20:00 Intervall- Training Astrid						19:00-20:00 DEEPWORK Emel														
19:30					19:30-21:00 Qigong Renale									19:00-20:30 Anders Yoga/Yoga Variationen Robert												19:00-20:00 Hip Hop Female Style Alina		
20:00																												
20:30																												
21:00																												

Neu ab
ab 6.10.

Wieder
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