


# Ferienkursplan


Gültig vom 17. Juli 2017 bis zum 03. September 2017.



## Montag

Tai Chi  
12.00–13.00

 Karate, 4–6 J.  
16.00–16.45

 Karate, 7–14 J., Alle  
16.45–17.45

Karate, Erw., Alle  
18.35–19.35

**LES MILLS**  
**BODYPUMP**  
19.40–20.40

Stretch & Relax  
20.45–21.30

## Dienstag

 Rehasport  
08.15–09.15

 Rehasport  
09.15–10.15

Yoga  
10.30–11.30

 Rehasport  
18.00–18.45


**LES MILLS**  
**BODYCOMBAT**  
18.45–19.30


 **ZUMBA**  
20.30–21.30

## Mittwoch

 Rehasport  
09.15–10.15

Tai Chi  
10.15–11.15


 Karate, 4–6 J.  
16.00–16.45

 Karate, 7–14 J., Alle  
16.45–17.45

Bauch, Beine, Po, Alle  
18.50–19.35

Pilates  
19.35–20.20

## Donnerstag

 Kindertanz, 5–8 J.  
16.00–16.45

Dance, Alle  
16.45–17.45

 Rehasport  
18.30–19.15

**LES MILLS**  
**BODYPUMP**  
19.20–19.50

**LES MILLS**  
**BODYCOMBAT**  
19.55–20.30

Karate, Erw., Alle  
20.30–21.30

## Freitag

 Rehasport  
09.15–10.15

Pilates  
18.30–19.15

Yoga  
19.15–20.25

## Sonntag

 Rehasport  
10.15–11.00

Pilates  
11.00–11.45

 **ZUMBA**  
11.45–12.45