

Kursplan


Gültig ab 01. November 2017.


Montag


Pilates
09.00–09.45

LES MILLS
BODYCOMBAT
10.00–10.30

Tai Chi
12.00–13.00

 Karate, 4–6 J.
16.00–16.45

 Karate, 7–14 J., US
16.45–17.35


 Karate, MS & Talente
17.35–18.35


Karate, Erw., OS
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

 Karate, 7–14 J., Alle
16.00–17.00

 Dance, Alle
17.00–18.00

 Rehasport
18.00–18.45

LES MILLS
BODYCOMBAT
18.45–19.30

Karate, Erw., US/MS
19.30–20.30


 **ZUMBA**
20.30–21.30


Mittwoch


 Rehasport
08.15–09.15

 Rehasport
09.15–10.15

Tai Chi
10.15–11.15

 Karate, 4–6 J.
16.00–16.45

 Karate, 7–14 J., US
16.45–17.45


 Karate, 7–14 J., MS
17.45–18.45

Bauch, Beine, Po
18.50–19.35

Pilates
19.35–20.20

Karate, Erw.
20.20–21.30

Donnerstag

 Kindertanz, 5–8 J.
16.00–16.45

Dance, Alle
16.45–17.45

 Rehasport
17.45–18.30


 Rehasport
18.30–19.15

LES MILLS
BODYPUMP
19.15–19.45

LES MILLS
BODYCOMBAT
19.50–20.25


Karate, Erw.
20.30–21.30


Freitag


 Rehasport
08.15–09.15


 Rehasport
09.15–10.15

Karate freies Training
11.00–12.00

 Karate, 4–6 J.
15.00–15.45

 Karate, 7–14 J., US
15.45–16.40

 Karate, 7–14 J., MS
16.40–17.30

 Karate, Talente
17.30–18.30

NEU! Pilates
18.30–19.15

NEU! Yoga
19.15–20.25

Sonntag

 Rehasport
10.15–11.00

Pilates
11.00–11.45

 **ZUMBA**
11.45–12.45