

Ferienkursplan

Gültig vom 05. Februar 2018 bis zum 11. Februar 2018.





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., Alle
16.45–17.45

Karate, Erw., Alle
18.35–19.35

LES MILLS
BODYPUMP
19.35–20.35

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**
20.30–21.15


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., 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
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

Pilates
18.30–19.15

Yoga
19.15–20.25

Sonntag

 Rehasport
10.15–11.00

Pilates
11.00–11.45

 **ZUMBA**
11.45–12.30