

# Kursplan


Gültig ab 14. April 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., 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!** Zumba  
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