

Gültig ab 07. Januar 2019 ... **Kursplan**

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
NEU! LES MILLS BODYBALANCE ... 09.30–10.00 LES MILLS BODYCOMBAT ... 10.00–10.30 Tai Chi ... 11.00–12.00 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 ... 20.45–21.35	Rehasport ... 08.15–09.15 Rehasport ... 09.15–10.15 Karate, 7–14 J., Alle ... 16.00–17.00 Dance, ab 10 J. ... 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	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 ... 18.45–19.30 Pilates ... 19.35–20.20 Karate, Erw. ... 20.20–21.30	Dance, 6–9 J. ... 16.00–16.45 Dance, ab 10 J. ... 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	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 Zumba ... 18.30–19.15 NEU! LES MILLS BODYBALANCE ... 19.15–20.15	Rehasport ... 10.15–11.00 Pilates ... 11.00–11.45 ZUMBA ... 11.45–12.45 Adresse Dokan Sportclub Berliner Allee 127 13088 Berlin www.dokan.de serviceteam@dokan.de (030) 92 09 11 19 Öffnungszeiten Montag-Freitag: 08.00-22.00 Uhr Samstag, Sonntag: 10.00-15.00 Uhr Bitte beachte US: Unterstufe, MS: Mittelstufe, OS: Oberstufe
					Präventionskurse Mo., 10.45 Uhr und Di., 18.15 Uhr

