

Ferienkursplan

Gültig vom 04.-09. Februar 2019.

Montag

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., Alle
16.45–17.35

Karate, Erw., Alle
18.35–19.35

LES MILLS
BODYPUMP
19.40–20.40

Stretch & Relax
20.45–21.35

Dienstag

 Rehasport
08.15–09.15

 Rehasport
09.15–10.15

 Rehasport
18.00–18.45

LES MILLS
BODYCOMBAT
18.45–19.30

 **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., Alle
16.45–17.45

Bauch, Beine, Po
18.45–19.35

Pilates
19.35–20.20

Donnerstag

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., Alle
20.30–21.30

Freitag

 Rehasport
08.15–09.15

 Rehasport
09.15–10.15

Karate freies Training
11.00–12.00

Zumba
18.30–19.15

NEU!

LES MILLS
BODYBALANCE
19.15–20.15

Sonntag

 Rehasport
10.15–11.00

Pilates
11.00–11.45

 **ZUMBA**
11.45–12.45

Präventionskurse

 Mo., 10.45 Uhr und Di., 18.15 Uhr