

Ferienkursplan

Gültig vom 20. Juni – 04. August 2019.

Montag

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

 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

Karate freies Training
11.00–12.00

Zumba
18.30–19.15

LES MILLS
BODYBALANCE
19.15–20.15

Sonntag

LES MILLS
BODYBALANCE
11.00–11.45

 **ZUMBA**
11.45–12.45

Präventionskurse

 Mo., 10.45 Uhr und Di., 18.15 Uhr