



# Ferienkursplan

Gültig vom 20. Juni – 04. August 2019.

## Montag

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

 Di., 18.15 Uhr