

KURSPLAN

GÜLTIG AB 2. SEPTEMBER 2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8 Uhr		8:15 – 9:15 REHASPORT	8:15 – 9:15 REHASPORT	8:15 – 9:15 REHASPORT	8:15 – 9:15 REHASPORT		
9 Uhr		9:15 – 10:15 REHASPORT	9:15 – 10:15 REHASPORT	9:15 – 10:15 STURZ- PRÄVENTION	9:15 – 10:15 REHASPORT		
10 Uhr	9:30 – 10:00 BODYBALANCE 10:00 – 10:30 BODYCOMBAT		10:15 – 11:15 TAI CHI			10:15 – 11:00 BODYPUMP	10:15 – 11:00 REHASPORT
11 Uhr	11:00 – 12:00 TAI CHI				11:00 – 12:00 KARATE freies Training		11:00 – 11:45 PILATES
12 Uhr							11:45 – 12:30 ZUMBA
13 Uhr	PRÄVENTIONSKURSE MONTAG: 10:45 DIENSTAG: 18:15						
14 Uhr							
15 Uhr					15:00 – 15:45 KINDERKARATE 4 – 6 J		
16 Uhr	16:00 – 16:45 KINDERKARATE 4 – 6 J	16:00 – 17:00 KINDERKARATE 7 – 14 J	16:00 – 16:45 KINDERKARATE 4 – 6 J	16:00 – 16:45 KINDERKARATE US, 7 – 14 J	15:45 – 16:40 KINDERKARATE US, 7 – 14 J		
17 Uhr	16:45 – 17:35 KINDERKARATE US, 7 – 14 J	17:00 – 17:45 KINDERKARATE 4 – 6 J	16:45 – 17:45 KINDERKARATE US, 7 – 14 J	16:45 – 17:30 DANCE 6 – 9 J	16:40 – 17:30 KINDERKARATE MS, 7 – 14 J		
18 Uhr	17:35 – 18:35 KARATE MS & Talente	17:45 – 18:45 DANCE ab 10 J	17:45 – 18:45 KINDERKARATE MS, 7 – 14 J	17:30 – 18:30 DANCE ab 10 J	17:30 – 18:30 KARATE Talente		
19 Uhr	18:35 – 19:35 KARATE OS, Erw.	18:45 – 19:30 BODYCOMBAT	18:50 – 19:35 BAUCH, BEINE, PO	18:30 – 19:15 REHASPORT	18:30 – 19:15 ZUMBA		
20 Uhr	19:40 – 20:40 BODYPUMP	19:30 – 20:15 ZUMBA	19:35 – 20:20 PILATES	19:15 – 19:45 BODYPUMP	19:15 – 20:15 BODYBALANCE		
21 Uhr	20:45 – 21:35 STRETCH & RELAX	20:15 – 21:15 KARATE US / MS, Erw.	20:20 – 21:30 KARATE Erwachsene	20:30 – 21:30 KARATE Erwachsene			