

Kurse-Stundenplan ab 2. Januar 2019



Wellness Fitness Aerobic Kraftsport

E= Einsteiger, M= Mittelstufe, F= Fortgeschrittene

Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag
Saal 1	Saal 2	Saal 1	Saal 2	Saal 1	Saal 2	Saal 1	Saal 2	Saal 1	Saal 2	Saal 1	Saal 2	Saal 1
10.00-11.00 Rücken Fit E/M/F							9.15-10.15 DanXing Moves (Extern)	9.15-10.15 Eltern/Baby Fitness	10.15-11.30 3R Bushido Realistic Selfdefence (Extern)	10.30-12.00 Body Styling E/M/F		
17.00-18.00 Body Workout E/M/F		17.00-18.00 Pilates E/M/F				17.30-18.00 Bauch Spezial E/M/F	17.30-18.30 Da F.u.n.k. 6-10 Jahre (Extern)	17.00-18.00 Max Power E/M/F				
18.00-19.00 Power Mix E/M/F	18.00-19.00 Indoor Cycling E/M/F	18.00-19.00 Deep Work E/M/F		17.30-19.00 Vinyasa Power Yoga E/M/F		18.00-19.00 Body Workout E/M/F	18.30-19.30 Da F.u.n.k. 11-17 Jahre (Extern)		17.30-18.30 Taekwon-Do (Extern)			
19.00-20.15 Aerobic & Fight BootCamp M/F	19.00-20.30 Kick Boxen E/M/F	19.00-20.00 Bodystyling & Faszientraining E/M/F	19.00-20.15 3R Bushido Realistic Selfdefence (Extern)	19.00-20.00 Aerobic & Fight E/M/F	18.45-19.45 Zumba (Extern)	19.00-20.00 Insanity Total Body WorkOut E/M/F	19.30-20.30 Fortgeschrittene (Extern)	19.00-20.15 3R Bushido Realistic Selfdefence (Extern)	19.00-21.00 Kick Boxen (freies Training) E/M/F			
				20.00-21.30 Kick Boxen E/M/F	20.00-21.00 Taekwon-Do (Extern)		20.30-21.30 Da F.u.n.k. ab 18Jahre (Extern)					