

# Kurse-Stundenplan ab 26. August 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 <b>Rücken Fit</b>  E/M/F							9.15-10.15 DanXing Moves  (Extern)	9.30-10.30 <b>BBP</b> E/M/F Ab 16.9.19	10.15-11.30 3R Bushido Realistic Selfdefence  (Extern)	10.30-11.30 <b>Body Styling</b>  E/M/F		
17.00-18.00 <b>Body Workout</b>  E/M/F		17.00-18.00 <b>Pilates</b>  E/M/F			15:45-16:45 VHS Kurs  (Extern)	17.30-18.00 <b>Bauch Spezial</b>  E/M/F	17.30-18.30 Da F.u.n.k. 6-10 Jahre  (Extern)	17.00-18.00 <b>Max Power</b>  E/M/F				
18.00-19.00 <b>Deep Work</b>  E/M/F		18.00-19.15 <b>Vinyasa Power Yoga</b>  E/M/F		17.30-18.45 <b>Functional Cardio Fitness</b>  E/M/F	16:45-17:45 VHS Kurs (Extern)  17:45-18:45 VHS Kurs (Extern)	18.00-19.00 <b>Body Workout</b>  E/M/F	18.30-19.30 Da F.u.n.k. 11-17 Jahre  (Extern)		17.30-18.30 <b>Taekwon- -Do</b>  (Extern)			
19.00-20.15 <b>Aerobic &amp; Fight BootCamp</b>  M/F	19.00-20.30 <b>Kick Boxen</b>  E/M/F		19.00-20.15 3R Bushido Realistic Selfdefence  (Extern)	19.00-20.00 <b>Aerobic &amp; Fight</b>  E/M/F	18.45-19.45 <b>Zumba</b>  (Extern)	19.00-20.00 <b>Insanity Total Body WorkOut</b>  E/M/F	19.30-20.30 Da F.u.n.k Fortge- schrittene  (Extern)	19.00-20.15 3R Bushido Realistic Selfdefence  (Extern)	19.00-21.00 <b>Kick Boxen</b> (freies Training ohne Trainer)  E/M/F			
					20.00-21.00 <b>Taekwon- -Do</b>  (Extern)		20.30-21.30 Da F.u.n.k. ab 18Jahre  (Extern)					