

# Kurse-Stundenplan ab 1. Januar 2020



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 <b>DanXing Moves</b>  (Extern)	9.15-10.15 <b>BBP</b>  E/M/F	10.15-11.30 <b>3R Bushido Realistic Selfdefence</b>  (Extern)	10.30-11.30 <b>Body Styling</b>  E/M/F		
17.00-18.00 <b>Body Workout</b>  E/M/F		17.00-17.45 <b>Bauch Spezial</b>  E/M/F		17.00-18.00 <b>BBP</b>  E7M7F	15:45-16:45 <b>VHS Kurs</b>  (Extern)		17.30-18.30 <b>Da F.u.n.k. 6-10 Jahre</b>  (Extern)	17.00-18.00 <b>Max Power</b>  E/M/F				
18.00-19.00 <b>Body Styling</b>  E/M/F	18.00-19.00 <b>Indoor Cycling (14 tägig)</b>  E/M/F	18.00-19.00 <b>Vinyasa Power Yoga</b>  E/M/F		18.00-19.00 <b>Pilates &amp; Stretch</b>  E/M/F	16:45-17:45 <b>VHS Kurs (Extern)</b>  17:45-18:45 <b>VHS Kurs (Extern)</b>	18.00-19.00 <b>Body Workout</b>  E/M/F	18.30-19.30 <b>Da F.u.n.k. 11-17 Jahre</b>  (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 <b>3R Bushido Realistic Selfdefence</b>  (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 <b>Da F.u.n.k Fortge-schrittene</b>  (Extern)	19.00-20.15 <b>3R Bushido Realistic Selfdefence</b>  (Extern)	19.00-21.00 <b>Kick Boxen (freies Training ohne Trainer)</b>  E/M/F			
					20.00-21.00 <b>Taekwon-Do</b>  (Extern)		20.30-21.30 <b>Da F.u.n.k. ab 18Jahre</b>  (Extern)					