

KURSPLAN AB 01.11.2024

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Sonntag	
RAUM	1	2	1	2	1	2	1	2	1	2	1	2
09:00	09:30 FUNKTIONELLES TR. Mary		09:30 PILATES Mary	09:30 REHA Goda	09:45 REHA Mary		09:30 WSG Petra		09:00 YOGA Diana			
10:00	10:30 STRETCHING Mary		10:30 BODYSHAPE Mary	10:30 REHA Goda	10:45 REHA Mary		10:30 PILATES Petra	10:30 REHA Beate			10:30 STEP Jule	
11:00								11:30 REHA Beate			11:30 BODYSHAPE Jule	
12:00												
13:00												
14:00		14:30 REHA Birgit						14:00 REHA Mary				
15:00		15:30 REHA Birgit			15:00 REHA Beate							15:00 - 17:00 VEREIN Kickboxen
16:00	16:45 - 17:30 VEREIN Jiu-Jitsu	16:30 REHA Birgit		16:30 REHA Sabine	16:00 REHA Beate		16:45 - 17:30 VEREIN Jiu-Jitsu	16:00 REHA Kerstin				
17:00		17:30 REHA Birgit	17:00 PRÄVENTION Mary	17:30 REHA Sabine	17:45 BODYSHAPE Conni	17:30 ZUMBA Charlotte		17:00 REHA Kerstin				
18:00	18.00 BODYSHAPE Jana/Conni	18.30 - 21.00 VEREIN Krav Maga ATK-SV Kickboxen	18:00 BBP Bine	18:30 REHA Sabine	18:45 PILATES Conni	18:30 - 20.00 VEREIN Kickboxen	18:00 BODYSHAPE Jana					
19:00	19.00 STEP Jana/Conni		19:00 VITAL COMBAT Bine	19:30 VEREIN Kickboxen			19:00 STEP Jana					