

# KURSPLAN

	Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag				Sonntag				
	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	Raum1	Raum2	Raum3	Raum4	
07:00																													
07:30																													
08:00																													
08:30																													
09:00					09:00-10:00			9:00-10:00			8:45-10:15		09:00-10:00		9:00-10:00														
09:30	09:15-10:15 Rüden- gymnastik Karen				Hula Hoop Zumba Glorianna			WOYO Emel			Qigong Ralf		Zumba Glorianna		WOYO Frauke						9:30-10:30 Cardio Step Astrid					9:30-10:45 Cardio Workout + Strech Nicola			
10:00					10:10-11:10 Zumba Einsteiger Alina			10:10-11:00 Bodywork & More Emel					10:00-11:00 Pilates Alexandra		10:00-11:00 Body Power Frauke					10:30-11:30 Body-styling Astrid					10:45-12:00 PowerVit Nicola				
10:30	10:15-11:30 Cardio & Pilates Karen																												
11:00																													
11:30																													
12:00																													
15:00					15:45-16:35																								
16:00	16:00-16:50 BallettKids Nicola				Ballett Anfänger Nicola			16:00-16:50 Ballett Fortg. Nicola					16:00-16:50 Ballett Fortg. Nicola		15:30-16:30 Breakdanc e														
16:30					16:45-17:45 StreetJazz Teenz Nicola								17:00-17:50 Ballett Kids Nicola																
17:00	17:00-17:50 StreetJazz Kids Nicola				17:55-18:55 Breakdanc e Teenz Roberb Nicola								17:00-17:50 Hip Hop Masa								17:00-18:00 Speed-ball Fitness Mirko								
17:30					17:55-18:55 Modern Dance Teenz Nicola			18:00-19:30 VINYASA FLOW YOGA Karin						18:00-19:00 Pilates Emel		18:00-19:15 EasyDance Fitness Lena								17:30-19:00 Rüden- Yoga Karin		17:45-18:45 Hip Hop Teenies (9- 11 Jährige) Alina			
18:00													18:00-19:00 Zumba Gloriana														17:00-18:30 Yoga Sabine		
18:30	18:15-19:30 EasyDance Fitness Lena				18:00-19:30 HATHA YOGA Gerda																								
19:00					19:00-20:30 HOT IRON & Cardio- Power Alessandro								19:00-20:00 Intervall- Training Astrid																
19:30					19:30-21:00 Qigong Renale							19:00-20:30 Anders Yoga/Yoga Variationen Robert		19:00-20:00 DEEPWORK Emel													19:00-20:00 Hip Hop Female Style Alina		
20:00																													
20:30																													
21:00																													

Sommerpause  
im August

Wieder da,  
ab 15.9.

Neu  
ab 18.7.

Sommer  
pause  
ab 9.7.

Neu  
ab 3.7.