

Kursprogramm

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		Mo		Di		Mi		Do		Fr		Sa/ So		
		Raum1	Raum2	Raum1	Raum2	Raum1	Raum2	Raum1	Raum2	Raum1	Raum2	Raum1	Raum2	
11.00	10.00 - 11.00 Cardio-Body-Fitness			10.00 - 11.00 Rücken-Fit		10.00 - 11.00 Body-Workout		10.00 - 11.00 Rücken-Fit		10.00 - 11.00 Body-Workout				
	11.00 - 11.30 Bauch-X-Press		9.00 - 13.00 Kinder- betreuung			11.00 - 11.30 Bauch-X-Press	9.00 - 13.00 Kinder- betreuung			11.00 - 12.00 	9.00 - 13.00 Kinder- betreuung		11.00 - 12.00 Cardio-Body- So Fitness	
													12.00 - 13.00 BodyART/Yoga So	
														13.00 - 14.00 Schwinn- Indoor-Cycle So (Okt.-März)
15.00	WIR SIND SPORT					Kurse mit Krankenkassen-förderung							14.00 - 15.30 Cardio-Body- Sa Fitness	15.00 - 16.00 DA F.U.N.K. So
														16.00 - 17.00 DA F.U.N.K. So
18.00	17.00 - 18.00 Step I			17.00 - 18.00 Wirbelsäulen- Gym		17.30 - 18.30 Pump Your Body								
	18.00 - 19.00 Pilates & Entspannung	17.30 - 18.30 Schwinn- Indoor-Cycle		18.00 - 19.00 Body-Workout	18.00 - 19.00 	18.30 - 19.30 Cardio-Step I-II	18.00 - 19.00 Schwinn- Indoor-Cycle	18.00 - 19.00 Rücken-Fit		17.00 - 18.00 Dance-Aerobic	18.00 - 19.00 Schwinn- Indoor-Cycle			
	19.00 - 20.00 	19.00 - 20.00 Qi Gong		19.00 - 20.00 Step II	19.30 - 20.30 Schwinn- Indoor-Cycle	19.30 - 20.30 Body-Workout	19.00 - 20.00 Karate I	19.00 - 20.00 		18.00 - 19.00 Pump Your Body	19.00 - 20.00 Karate I			
20.00	20.00 - 21.00 BOP & More	20.00 - 21.15 Karate II-III				20.30 - 21.00 Bauch-X-Press	20.00 - 21.30 Karate I-III		20.00 - 21.00 Schwinn- Indoor-Cycle		20.00 - 21.15 Karate II-III			



Mindestteilnehmer pro Kurs 3 Personen.