

# Kursplan ab 03.05.2021



|           | MO                                 | DI  | MI                                      | DO                                   | FR        |                                      |
|-----------|------------------------------------|---|---|--------------------------------------|-----------|--------------------------------------|
| Sophie    | <b>Bodytoning</b><br>09:00 - 09:55 |   |   |                                      | Mathias   | <b>Fitbalance</b><br>09:30 - 10:25   |
|           |                                    |   |   |                                      |           |                                      |
|           |                                    |   | Yvonne D.                               |                                      |           |                                      |
|           |                                    |   | Schulsport<br>(extern)<br>14:15 - 17:45 |                                      |           |                                      |
|           |                                    |   |   |                                      |           |                                      |
|           |                                    | Nadja   |   | Nadja                                |           |                                      |
|           |                                    | <b>Pump</b><br>18:00 - 18:55                            |   | <b>Pump</b><br>18:00 - 18:55         |           |                                      |
| Sandra W. | <b>Zumba</b><br>19:00 - 19:55      | Sandra H.   |   | Mirka                                |           |                                      |
|           |                                    | <b>Zumba</b><br>19:00 - 19:55                           |   | <b>Pilates</b><br>19:00 - 19:55      | Yvonne D. | WeDance<br>(extern)<br>19:15 - 20:30 |
|           |                                    |   |   |                                      |           |                                      |
|           |                                    | Isabel  |   | Yvonne D.                            |           |                                      |
|           |                                    | <b>dynamisches<br/>Faszientraining</b><br>20:00 - 20:55 |   | WeDance<br>(extern)<br>20:15 - 21:30 |           |                                      |

\* Änderungen vorbehalten