

# Kursplan '19

gültig ab 20.05.2019



Tel. 02234 / 68 04 019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:15-10:15 Pilates I-II		09:30-10:30 Pilates I	09:00-10:00 Wassergym I-II	09:00-10:00 Pilates I-II
10:30-11:30 Pilates I	10:15-11:15 Pilates II	10:45-11:45 Pilates I-II	10:00-11:00 Wassergym I	10:15-11:15 Pilates II
	11:30-12:30 Pilates I-II		10:45-11:45. Faszientraining I-II	
			11:15-12:15 Wasserymnastik I-II	
17:30-18:30 Faszientraining I	18:00-19:00 Pilates I-II	17:30-18:30 Pilates I-II	17:30-18:30 <b>ab 06.06.</b> Pilates Einsteiger	
	19:00-20:00 Wassergym II	18:40-19:40 Pilates I-II	18:30-19:30 Pilates I-II	
	19:15-20:15 Pilates II	19:45-20:45. Pilates I /Einsteiger	19:40-20:40 Pilates II	
	20:00-21:00 Wassergym I			