

Kursplan'19

gültig ab 12.12.2019



Tel. 02234 / 68 04 019

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:15-10:15 Pilates I-II		09:30-10:30 Pilates I	10:00-10:45. Wassergymnastik I	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	10:45-11:30 Wasserymnastik E/I	10:15-11:15 Pilates II
11:30-12:30 ab 6.1. Pilates Einsteiger/I	11:30-12:30 Pilates I-II		10:45-11:45 Faszientraining I-II	11:30-12:30 ab 10.1. Pilates I
			11:30-12:15 Wasserymnastik I-II	
			12:15-13:00 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 Pilates Einsteiger	
	19:15-20:15 Pilates II	18:40-19:40 Pilates I-II	18:30-19:30 Pilates I	Donnerstag
	19:15-20:00 Wassergym II	19:45-20:45 ab 8.1. Pilates Einsteiger	19:40-20:40 Pilates II	11:45-13:00 ab 16.1. Hatha Yoga 60+ E
	20:00-20:45 Wassergym I			