

KURSPLAN SPORTSCARD WINTERSEMESTER 21/22

18.10.2021- 18.02.2022 (WINTERPAUSE 18.12.2021-09.01.2022)



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
Rückenfitness 8.00 – 8.30				Stretch, Flex & Release 08.45 – 10.00
Qi Gong 11.55 – 12.25				
PEX 12.45 – 13.00				
Achtsamkeit 13.30 – 14.00				
PMR/Entspannung 16.30 – 17.30		Full-Body Workout 17.15 – 18.15		
Salsa 18.00 – 19.00	Zumba 18.00 – 19.00		Orientalischer Tanz 18.15 – 19.15	
Pilates 18.30 – 19.00	Ladystyle 18.30 – 19.30	Zumba 18.30 – 19.30	Pilates 18.30 – 19.00	
		Ballett 19.30 – 20.30		