

KURSPLAN SPORTSCARD_SOMMERSEMESTER 22 (11.04.2022 – 17.07.2022)



| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG |
|------------------------------|--|------------------------------------|--------------------------------------|--|
| Rückenfitness 8.00 – 8.30 | | | | Stretch, Flex & Release 08.30 – 09.45 |
| Qi Gong 11.55 – 12.25 | | | | |
| PEX 12.45 – 13.00 | | | | |
| | Stabi- und Koordinationstraining 17.00 – 18.00 | Embodiment 17.00 – 18.00 | | |
| Pilates 18.30 – 19.00 | Zumba 18.00 – 19.00 | Full Body Workout 18.30 – 19.30 | Orientalischer Tanz 18.15 – 19.15 | |
| Zumba 18.30 – 19.00 | Ladystyle 19.00 – 20.00 | | Yoga 18.30 – 19.00 | |