

# KURSPLAN SPORTSCARD#5 2.11.2020-21.2.2021



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
			Pilates 10.00 – 10.30	Stretch, Flex & Release 09.45 – 11.00
Qi Gong 11.55 – 12.25			PEX 10.45 – 11.00	
PEX 12.45 – 13.00				
Achtsamkeit 13.30 – 14.00				
PMR/Entspannung 16.45 – 17.45		Yoga 17.15 – 18.30		
HipHop 17.30 – 19.00		Salsa, Bachata, Merengue 17.30 – 18.30	HYROX 17.15 – 18.15	HIIT 17.00 – 18.00
Pilates 18.00 – 18.30	Zumba 18.00 – 19.00	Full Body Workout 18.00 – 19.00	Orientalischer Tanz 18.15 – 19.15	
Impro-Theater 18.30 – 20.00	Calisthenics 18.30 – 19.30	Acem Meditation 18.00 – 19.30	Tabata 18.45 – 19.35	
Kickbox Kondi 19.30 – 21.00	Boxen Athletiktraining 19.00 – 20.00	Zumba 19.00 – 20.00		Female Style 19.00 – 20.30
	K-Pop 20.00 – 21.30	Ballett 19.30 – 21.00		