

KURSPLAN

MO

DI

MI

DO

FR

SA

SO

8:15 - 09:15

Senioren Fit 2

Lara

8:45 - 09:45

Beckebodenkurs

Lara

09:30 - 10:30

Senioren Fit 1

Lara

09:45 - 10:45

Senioren Fit Plus

Lara

09:45 - 10:30

Sitzgymnastik

Lara

11:00 - 12:15

Starke Frauen

Barbara

13:00-14:00

Pilates

Misa

16:45 - 17:45

Yoga

Beate

17:30 - 18:45

Rücken meets
Core 1

Barbara

17:00 - 18:00

Osteoporose-
prophylaxe

Barbara

19:00 - 20:15

Rücken meets
Core 2

Barbara

19:00 - 20:00

Functional
Training

Rahel

18:00 - 19:15

Brasils

Barbara