

# Kursplan

	Mo	Di	Mi	Do	Fr	Sa
7:30						
8:00					8.00 - 9.00	
8:30	8.15 - 9.15 Senioren Fit 2	8.30 - 9.30 Beckenbodenkurs			Pilates	Coming Soon... Weekendworkout
9:00						
9:30	9.30 - 10.30 Senioren Fit 1	9.45 - 10.45 Senioren Fit Plus		9.45 - 10.30 Sitzgymnastik		
10:00						
10:30						
11:00	11.00 - 12.15 Starke Frauen					
11:30						
12:00						
17:00		Coming Soon... Yoga		17.00 - 18.30 Osteoporose- prophylaxe	17.15-18.15 HIT - April bis Juni	
17:30			17.30 - 18.45 Rücken meets Core 1			
18:00					18.00 - 19.15 Brasils	
18:30		18.45-19.45 Functional Training		18.45-19.45 Functional Training		
19:00			19.00 - 20.15 Rücken meets Core 2			
19:30						
20:00						