

SPORT(T)RAUM

Kursplan ab 08.01.2024

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Uhrzeit/ Format			8.00 - 9.00 Balance Swing (Petra)			8.00 – 9.00 * Specialkurs	
	9.00 – 10.00 Yoga (Melli)						
						Ab 12.30 Specials z. B. * Mutter/Vater-Kind Balance Swing (ab 6 Jahre)	
	17.00 –18.00 Pilates (Melli)						
	18.15 – 19.15 Pilates (Melli)			17.45 – 18.45 Balance Swing (Melli)	17.30 – 18.30 Cardio -Power Swing (Gina)		
		18.30 -19.30 Balance Swing (Hermine)		19.00 -20.00 Balance Swing (Melli)			
			19.15 -20.15 Core 3 D (Rücken) (Melli)				