






# Kursplan

ab 25.06.2018

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1	Kursraum 1
<b>Kinderbetreuung</b>  10:00 - 12:00		<b>Kinderbetreuung</b>  10:00 - 12:00		<b>Kinderbetreuung</b>  10:00 - 12:00		
10:00 - 11:00 <b>Core Training</b>		10:00 - 11:00 <b>Functional Movement Training</b>		10:00 - 11:00 <b>Pilates +</b>		
					11:00 - 12:00 <b>Hot Iron +</b>	
	<b>Kinderbetreuung</b>  17:30 - 20:00		<b>Kinderbetreuung</b>  17:30 - 20:00		12:00 - 12:30 <b>Tabata</b>	
18:00 - 19:00 <b>Functional - Movement Training</b>	17:30 - 18:30 <b>ZUMBA® +</b>	18:00 - 19:00 <b>Core Training +</b>	18:00 - 19:00 <b>ZUMBA® +</b>			
19:00 - 19:30 <b>Core Training +</b>	18:30 - 19:30 <b>Hot Iron ++</b>	19:00 - 20:00 <b>Cycling ++</b>	19:00 - 20:00 <b>Functional - Movement Training</b>			
19:30 - 20:45 <b>Hatha Yoga +</b>	19:30 - 20:00 <b>M. A. X.</b>		20:00 - 21:00 <b>Stråla Yoga +</b>			