

# KURSPLAN



## HERBST / WINTER 2021

|      | Montag                                   | Dienstag   | Mittwoch                                     | Donnerstag   | Freitag                                       | Samstag  | Sonntag |
|------|--|--|--|--|---|--|---------|
| 10 h |  |  | 09:00 - 9:50<br><b>Pilates Chair</b>         |  |   |  |         |
| 11 h | 10:00 - 10:45<br><b>Fit in die Woche</b> |  | 10:15 - 11:00<br><b>Pilates Mobilisation</b> |  |   | 10:00 - 11:00<br><b>HIP HOP</b><br>(5 - 9 Jahre) |         |
| 12 h | 11:00 - 11:45<br><b>Pilates I</b>        |  | 11:15 - 12:00<br><b>Pilates Mobilisation</b> |  |   | 11:00 - 12:00<br><b>HIP HOP</b><br>(ab 9 Jahre)  |         |
| 13 h | 12:00 - 12:45<br><b>Pilates I</b>        |  |  |  |   |  |         |
| 16 h |  |  |  | 15:45 - 16:45<br><b>Ballett I</b><br>(6 - 8 Jahre) |   |  |         |
| 17 h |  | 16:00 - 16:50<br><b>Kinder-kreativtanz</b><br>(ab 4 Jahre) |  |  |   |  |         |
| 18 h |  | 17:15 - 18:05<br><b>Pilates I</b>                          | 17:30 - 19:00<br><b>HIP HOP</b><br>Teens     | 17:00 - 18:00<br><b>Ballett II</b><br>(ab 9 Jahre) |   |  |         |
| 19 h | 18:15 - 19:05<br><b>DOBAR Pilates</b>    | 18:15 - 19:05<br><b>Bodyforming</b>                        |  | 18:15 - 19:05<br><b>Bodyforming</b>                | 18:00 - 19:15<br><b>Bauch/ Rücken/ Strech</b> |  |         |
| 20 h | 19:15 - 20:05<br><b>Pilates I</b>        |  | 19:15 - 20:05<br><b>Pilates I</b>            | 19:15 - 20:05<br><b>Pilates I-II</b>               |   |  |         |