

# KURSPLAN 2023

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10h	9:30 - 10:15 <b>Fit in die Woche</b>		09:00 - 9:50 <b>Pilates Chair</b>				
11h	10:30 - 11:15 <b>Pilates Mobilisation</b>		10:15 - 11:00 <b>Pilates I</b>		10:30 - 11:15 <b>Wirbelsäulengymnastik</b>	10:00 - 10:50 <b>TABATA Bodyforming</b>	
12h	11:30 - 12:15 <b>Pilates Mobilisation</b>				11:30 - 12:00 <b>Hula Hoop</b> <small>ab 60+</small>	11:00 - 12:00 <b>HIP HOP Happy Kids</b> <small>(5 - 7 Jahre)</small>	
13h						12:00 - 13:00 <b>HIP HOP Star Kids</b> <small>(ab 8 Jahre)</small>	
14h							
16h							
17h		16:00 - 16:50 <b>Kinderkreativtanz</b> <small>(ab 4 Jahre)</small>		15:45 - 16:45 <b>Ballett I</b> <small>(6 - 8 Jahre)</small>	16:00 - 16:50 <b>HIP HOP Bambinis</b> <small>(ab 3 Jahre)</small>		
18h	17:15 - 18:05 <b>Rücken Fit</b>	17:15 - 18:05 <b>Pilates I</b>	17:00 - 18:30 <b>HIP HOP Teens</b>	17:00 - 18:00 <b>Ballett II</b> <small>(ab 9 Jahre)</small>	17:00 - 18:00 <b>HIP HOP Teens</b>		
19h	18:15 - 19:05 <b>TABATA</b>	18:15 - 19:05 <b>Bodyforming Hula Hoop</b>		18:15 - 19:05 <b>Bodyforming</b>			
20h	19:15 - 20:05 <b>Pilates I-II</b>	19:15 - 20:10 <b>Zumba</b>	19:15 - 20:05 <b>Pilates Faszientraining</b>	19:15 - 20:05 <b>Pilates I-II</b>			