

Kursübersicht

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	09:00 - 09:45 Reha-Sport Marta		09:00 - 09:45 Reha-Sport Marta		10:00 - 13:00 Freienwalder Delfine „Baby- und Kleinkindschwimmen“ Rica, Meike + Ulli
		10:30 - 11:30 Pilates „sanft“ Katharina			
			15:00 - 15:50 Kinder Yoga Andrea		
16:00 - 16:45 Reha-Sport Meike		16:00 - 17:00 Zumba Kids Sandra + Anne	16:00 - 16:45 Reha-Sport Kids Andrea	16:00 - 17:00 STRONG by Zumba Anne + Sandra	
17:00 - 18:00 Zumba Gold Anne		17:15 - 18:15 Zumba Step Anne + Sandra	17:00 - 17:45 Reha-Sport Andrea	17:15 - 18:15 Zumba Anne + Sandra	
18:15 - 19:00 Reha-Sport Lars	18:15 - 19:15 Pilates Meike	18:30 - 19:30 Zumba Anne + Sandra	18:00 - 18:45 Reha-Sport Lisa	18:30 - 19:30 Pilates ++ Katharina	
19:15 - 20:00 Pound Anne	19:30 - 20:30 Yoga Carolin	19:45 - 20:30 Pound Sandra	19:00 - 19:45 Pound Lisa		
20:15 - 21:00 Pound Anne			20:00 - 20:45 Step Aerobic Lisa		