

# Kursübersicht

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