

Kursplan

|       | Montag                          | Dienstag                     | Mittwoch   | Donnerstag      | Freitag            | Samstag |  |
|-------|---------------------------------|------------------------------|------------|-----------------|--------------------|---------|--|
| 09:00 |                                 |                              |            |                 |                    |         |  |
| 09:30 | Fit mit Baby                    |                              |            |                 |                    |         |  |
| 10:00 |                                 |                              |            |                 |                    |         |  |
| 10:30 |                                 |                              |            |                 |                    |         |  |
|       |                                 |                              |            |                 |                    |         |  |
| 15:00 |                                 | Cross Fit Kids 3-6<br>Jahre  |            |                 |                    |         |  |
| 15:30 |                                 |                              |            |                 |                    |         |  |
| 15:45 |                                 |                              |            |                 |                    |         |  |
| 16:00 |                                 |                              |            |                 | CrossHula          |         |  |
| 16:30 | Self Defence Kids<br>7-12 Jahre | Cross Fit Kids 7-12<br>Jahre |            |                 |                    |         |  |
| 16.45 |                                 |                              |            |                 |                    |         |  |
| 17:00 |                                 |                              |            |                 |                    |         |  |
| 17:30 |                                 |                              |            |                 |                    |         |  |
| 17:45 |                                 |                              |            |                 |                    |         |  |
| 18:00 |                                 |                              |            | Cross Fit – low |                    |         |  |
| 18:30 |                                 |                              |            |                 |                    |         |  |
| 18:45 |                                 |                              | Hatha-Yoga |                 |                    |         |  |
| 19:00 |                                 | Rücken-Fit                   |            | Hatha-Yoga      | Cross Fit – strong |         |  |
| 19:30 |                                 |                              |            |                 |                    |         |  |
| 19.45 |                                 |                              |            |                 |                    |         |  |
| 20:00 |                                 |                              |            |                 |                    |         |  |
| 20:15 |                                 |                              | Hatha-Yoga |                 |                    |         |  |
| 20:30 |                                 |                              |            |                 |                    |         |  |
| 21:00 |                                 |                              |            |                 |                    |         |  |
| 21:15 |                                 |                              |            |                 |                    |         |  |
| 21:30 |                                 |                              |            |                 |                    |         |  |
| 21:45 |                                 |                              |            |                 |                    |         |  |