|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1500 - 1530 |  |  |  |  | NORDICWALKING |  |  |  |
| 1530 - 1600 | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK |
| 1600 - 1630 |  |  |  |  |  |  |  |
| 1630 - 1700 |  |  |  |  |  |  |  |
| 1700 - 1730 | SENIORENGYMNASTIK | OSTEOPOROSETRAINING |  |  |  |  |  |
| 1730 - 1800 |  |  |  |  |  |
| 1800 - 1830 |  |  | NORDICWALKING | GESUNDERRÜCKEN | SLING TRAINING |  |  |  |
| 1830 - 1900 | PILATES |  |  |  |  |
| 1900 - 1930 | BAUCHBEINPO |  | CROSSTRAINING |  |  |
| 1930 - 2000 |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONTAG** | **DIENSTAG** | **MITTWOCH** | **DONNERSTAG** | **FREITAG** | **SAMSTAG** | **SONNTAG** |
| 0800 - 0830 | AQUAFITNESS | NORDICWALKING |  | NORDICWALKING |  |  |  |
| 0830 - 0900 |  |  |  |  |
| 0900 - 0930 |  | PILATES | SLING TRAINING |  |  |
| 0930 - 1000 |  |  |  |
| 1000 - 1030 |  |  |  |  |  |  |  |
| 1030 - 1100 | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK |

PIL

**ACHTUNG!** Anmeldung zu den Kursen ist **unbedingt** nötig!

07484 25780

REGELMÄSSIGE KURSE