|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1500 - 1530 |  |  | |  |  | NORDIC WALKING |  |  |  |
| 1530 - 1600 | WASSERGYMNASTIK | WASSERGYMNASTIK | | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK | WASSERGYMNASTIK |
| 1600 - 1630 |  |  | |  |  |  |  |  |
| 1630 - 1700 |  |  | |  |  |  |  |  |
| 1700 - 1730 | SENIOREN  GYMNASTIK | OSTEOPOROSE  TRAINING | |  |  | |  |  |  |
| 1730 - 1800 |  |  | |  |  |  |
| 1800 - 1830 |  |  | NORDIC  WALKING | GESUNDER  RÜCKEN | SLING  TRAINING | |  |  |  |
| 1830 - 1900 | PILATES |  |  |  |  |
| 1900 - 1930 | BAUCH  BEIN  PO |  | CROSS  TRAINING |  |  |
| 1930 - 2000 |  |  |  |  |

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|  | **MONTAG** | **DIENSTAG** | | **MITTWOCH** | | **DONNERSTAG** | | **FREITAG** | | **SAMSTAG** | | **SONNTAG** | |
| 0800 - 0830 | AQUA  FITNESS | | NORDIC  WALKING | |  | | NORDIC  WALKING | |  | |  | |  | |
| 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