

# KURSE ZEITPLAN 2022



TIME	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:00					
08:30					
09:00					
09:30					
10:00					
10:30					
11:00			RÜCKBILDUNG BECKENBODEN		
11:30			RÜCKBILDUNG BECKENBODEN		
12:00					HYPOPRESSIVE POSTUR GYM
12:30					HYPOPRESSIVE POSTUR GYM
13:00					
13:30					
14:00					
14:30					
15:00					
15:30					
16:00					
16:00					
16:30					
17:00				SCHWANGERSCHAFT GYMNASTIK	PILATES FRAUEN SENIOR
17:30				SCHWANGERSCHAFT GYMNASTIK	PILATES FRAUEN SENIOR
18:00		HYPOPRESSIVE POSTUR GYM		HYPOPRESSIVE POSTUR GYM	HYPOPRESSIVE POSTUR GYM
18:30		HYPOPRESSIVE POSTUR GYM		HYPOPRESSIVE POSTUR GYM	HYPOPRESSIVE POSTUR GYM
19:00					
19:30					
20:00					
20:30					
21:00					