

KURSE ZEITPLAN 2023



| 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 | | | |
| 17:30 | | SCHWANGERSCHAFT GYMNASTIK | | | |
| 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 | | | | | |