

KURSPLAN FHC AB 15.04.2024

	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SONNTAG	
RAUM	1	2	1	2	1	2	1	2	1	2	1	2
09:00		09:30 FT MARY	09:30 PILATES MARY	09:30 REHA GODA	09:45 REHA KÄTHE		09:30 WSG PETRA		09:00 YOGA DIANA			
10:00	10:15 REHA KERSTIN	10:30 STRETCH MARY	10:30 BODYSHAPE MARY	10:30 REHA GODA	10:45 REHA KÄTHE		10:30 PILATES PETRA	10:30 REHA BEATE			10:30 STEP JULE	
11:00	11:15 REHA KERSTIN							11:30 REHA BEATE			11:30 BODYSHAPE JULE	
12:00												
13:00												
14:00								14:00 REHA KÄTHE				
15:00					15:00 REHA BEATE							
16:00	16:45 VEREIN JIU - JITSU	16:30 REHA BIRGIT		16:30 REHA SABINE	16:00 REHA BEATE			16:00 REHA KERSTIN	AB 16:45 - 20.30 VEREIN			
17:00	18.00 BODYSHAPE JANA/CONNI	17:30 REHA BIRGIT	17:00 PRÄVENTION MARY	17:30 REHA SABINE	17:45 BODYSHAPE CONNI	17:30 ZUMBA CHARLOTTE		17:00 REHA KERSTIN			JIU - JITSU	
18:00	19.00 STEP JANA/CONNI	AB 18.30 - 21.00 VEREIN		18:00 BBP BINE	18:30 REHA SABINE	18:45 PILATES CONNI		18:00 BODYSHAPE JANA	VEREIN			
19:00		KRAV MAGA - ATK-SV		19:00 VITAL COMBAT BINE	19:30 KICKBOXEN		19:00 - 20.30 VEREIN	19:00 STEP JANA	ATK - SU			