

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09.00-09.30					
09.30-10.00		9.00 - 10.00 Starker Rücken - Starke Frau Elke Cremer		9.00-10.00 Kurs "Faszientraining" Heike Pax	
10.00-10.30	10.00 - 11.00 Eltern-Kind-Turnen Claudia Hoffmann-Vey			10.15-11.15 Kurs "Standfest u. Stabil" Monika Maczkiewicz	
10.30-11.00					
11.00-11.30					
11.30-12.00					
12.00-12.30					
12.30-13.00					
13.00-13.30					
13.30-14.00					
14.00-14.30		14.00-15.00 Kinderturnen Claudia Hoffmann-Vey			14.00 - 15.00 OGS Arloff
14.30-15.00					
15.00-15.30			15.00 - 16.00 Prinzengarde		
15.30-16.00		15.15-16.15 Eltern-Kind-Turnen Claudia Hoffmann-Vey			
16.00-16.30			16.00-17.00 Kinderturnen Claudia Hoffmann-Vey	16.00-17.00 Eltern-Kind-Turnen Claudia Hoffmann-Vey	16.00 - 17.30 Jiu-Jitsu 6-12 Jahre Elena Mies
16.30-17.00					
17.00-17.30	17.00 - 17.45 Kurs "Aerobic 1" Elisabeth Mainz		17.00 - 19.00 Prinzengarde		
17.30-18.00				17.30 - 19.00 Jiu-Jitsu 6-12 Jahre Fabian u. Nadine Benz Müller	
18.00-18.30	18.00 - 18.45 Kurs "Aerobic 2" Elisabeth Mainz	18.30 - 19.30 Kurs Functional Training 1 Silvia Esser			18.30 - 19.30 Kurs Functional Training 2 Norbert Pichler
18.30-19.00					
19.00-19.30	19.00 - 21.00 Jeet Kune Do Winfried Unger		19.15-20.15 Kurs "Aroha" Silvia Esser	19.30 - 21.00 Jiu-Jitsu ab 13 J./ Erw. Josef Flecken	
19.30-20.00					20.00 - 22.00 Kali Winfried Unger
20.00-20.30					
20.30-21.00					
21.00-21.30					
21.30-22.00					