

# ONLINE KURSPLAN

Gültig : Januar 2020

	vormittags					abends			
<b>Mo</b>	10:00- 10:45	<b>Rundum Fit (Susanne)</b>	11:00- 11:45	<b>Stuhl-Fitness (Susanne)</b>		18:00- 18:45	<b>Rundum Fit (Alexandra)</b>	19:00- 20:00	<b>Vinysa Yoga (Helga)</b>
<b>Di</b>	10:00- 11:00	<b>Qi Gong (Renata)</b>						19:00- 19:45	<b>Pilates (Susanne)</b>
<b>Mi</b>	10:00- 10:45	<b>Rückenfit (Susanne)</b>				18:00- 18:45	<b>Rückenfit (Alexandra)</b>	19:00- 20:00	<b>Qi Gong (Renata)</b>
<b>Do</b>	10:00- 10:45	<b>Stuhl-Qi Gong (Renata)</b>	11:00- 12:00	<b>Hatha Yoga (Monika)</b>		18:00- 19:00	<b>Hatha Yoga (Silvia)</b>		
<b>Fr</b>	10:00- 10:45	<b>Pilates (Gudrun)</b>				18:00- 19:00	<b>Yin Yoga (Maria)</b>		