

Trainingszeiten und Kurse

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Zeit
7:00								7:00
7:15								7:15
7:30			Power Fit & Meditation		CircleTraining			7:30
7:45								7:45
8:00								8:00
8:15		FitnessYoga Tatjana		FitnessYoga Tatjana				8:15
8:30								8:30
8:45					Yoga			8:45
9:00								9:00
9:15								9:15
9:30								9:30
9:45			Galileo & Kurs Kay					9:45
10:00								10:00
10:15								10:15
10:30		Wing Tsun Escrima		Wing Tsun Escrima	Galileo & Kurs Kay	Extern		10:30
10:45							Galileo & Kurs Kay	10:45
11:00								11:00
11:15	Galileo & Kurs Kay							11:15
11:30								11:30
11:45			Bauch-Beine-Rücken-Po		Bauch-Beine-Rücken-Po	Fitness Boxen		11:45
12:00								12:00
12:15								12:15
12:30								12:30
12:45								12:45
13:00								13:00
13:15		Galileo & Kurs Kay			LunchYoga Tatjana	Wing Tsun Escrima		13:15
13:30								13:30
13:45								13:45
14:00								14:00
14:15			Galileo & Kurs Kay					14:15
14:30						Sparring		14:30
14:45					Galileo & Kurs Kay			14:45
15:00								15:00
15:15								15:15
15:30								15:30
15:45								15:45
16:00		Bauch-Beine-Rücken-Po						16:00
16:15								16:15
16:30					Wing Tsun Escrima			16:30
16:45								16:45
17:00	Olympisches Boxen	Fitness Boxen	Wing Tsun Kids	Wing Tsun Kids				17:00
17:15								17:15
17:30								17:30
17:45		Pilates			Fighter Fitness			17:45
18:00								18:00
18:15			Extern	Wing Tsun Escrima			Yoga	18:15
18:30	Yoga							18:30
18:45		Fitness Boxen						18:45
19:00					Extern			19:00
19:15			Strong Nation	FighterFitness				19:15
19:30								19:30
19:45	Galileo & Kurs Kay							19:45
20:00		Wing Tsun Escrima			Galileo & Kurs Kay			20:00
20:15			Functional Fitness					20:15
20:30								20:30
20:45								20:45
21:00								21:00