



Kursplan

Zeit	Mo.	Di.	Mi.	Do.	Fr.	Sa.
09:15	Spinning H (60') Dojo I		Yoga Moves K (60') Dojo II		Hot Iron K (60') Dojo II	Wechselder Kurs um 14:00 Uhr
16:00			Katana-Do Kids Dojo II		Katana-Do Jgdl. Dojo II	
17:00			Katana-Do Jgdl. Dojo II		Katana-Do Kids Dojo II	
18:00	Rückenschule (18:15) K(60') Dojo II		Rückenschule (18:15) K(60') Dojo II	Tabata Workout (18:15) K (30') Dojo II	Yoga Moves K (60') Dojo II	
19:00	Hot Iron C (60') Dojo II	Tae Bo H (60') Dojo II	Hot Iron C (60') Dojo II	Zumba C (60') Dojo II		
19:00		Spinning H (60') Dojo I		Spinning H (60') Dojo I		

H=HerzKreislauf, C=Choreographie, K=Krafttraining, '=Dauer (in Minuten)