

Belegungsplan Übersicht Kobra

	Mo KR	Mo Dojo	Di KR	Di Dojo	Mi KR	Mi Dojo	Do KR	Do Dojo	Fr KR	Fr Dojo	Sam KR	Sam Dojo
09:00					Windelrocker							
09:15									Yoga			
09:30	Yoga Mama+				Mama+Kind				Schwangere KK		Meditation online+live	
10:00	Kind KK				Pilates				Yin Yoga		Aerial Yoga	
10:15					Pilates				Yin Yoga		Aerial Yoga	
10:30					Pilates				Yin Yoga		Aerial Yoga	
11:00									Golden Age Yoga			
11:30									Auf dem Ball KK			
Pause												
15:00							Windelrocker					
15:15							Mama+Kind		Ballett 4-7J			
15:30	Kinder Yoga								Ballett 4-7J	Step Aerobic		
16:00	4-8 J.			Kinder Muay Thai			Mixed Dancers		Ballett 7-11 J.	Dojo		
16:30	Yoga Schwangere	Krav Maga Kids 5-9 J.		6-9 J.	Feldenkrais	Krav Maga Kids	7-11 J.		Ballett 7-11 J.			
17:00	Schwangere KK	Krav Maga Kids 5-9 J.		Kinder MT	Feldenkrais	Krav Maga Kids 5-9 J.	Mixed Dancers		Ballett Teens +			
17:30		17:45-18:45 Krav Maga 10-16 J.	Aerobic	10-15 J.		Krav Maga Kids 17:45-18:45	12-15 J.		Jugend			
18:00	Rückenfit KK	17:45-18:45 Krav Maga 10-16 J.	& more	Frauen SV	Vinyasa Yoga	Krav Maga Kids 10-16 J.	Zumba		Ballett Erwachsene	Technik Muay Thai		
18:30	Rückenfit KK			Frauen SV	Easy KK	Clinch	Zumba		Ballett Erwachsene	Technik Muay Thai		
19:00	Vinyasa Yoga		Yin Yoga	Sparring		Clinch	19:15 Hoop Ina 5er Blöcke	Basics Muay Thai	Techno-Yoga	Technik Muay Thai		Montags 19:30 Meditation online
19:30	Mittel		Yin Yoga	Sparring	Hit Mix	Padwork +Boxsack	19:15 Hoop Ina 5er Blöcke	Basics Muay Thai	Techno-Yoga			
20:00	Yoga Nidra			Starter MT	Hit Mix	Padwork +Boxsack		Basics Muay Thai				
20:30												
21:00												