

# Kursplan

2024

KK=Krankenkasse

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
09:30-10:30 Hatha Yoga Mama+Kleinkind				09:15-10:15 Yoga Schwangere KK	09:00 Meditation
		10:00-11:00 Pilates		10:30-11:30 Yin Yoga KK	10:00-11:00 Aerial Yoga
				11:40-12:40 Golden Age Yoga	
15:30-16:30 Kids- Yoga	17:30-18:30 Aerobic&more		15:00-15:55 Windelrocker	15:15-15:55 Ballett- Mäuse 4-7 J.	
	19:00-20:00 Yin Yoga	16:00-17:00 Feldenkrais		16:00-16:55 7-11 J.	
17:45-18:45 Rückenfit KK		18:00-19:00 Hatha Yoga leicht KK	16:30-17:30 Uhr Teens ab 8 J. Dance Fusion		
19:00-20:00 Hatha Yoga mittel KK		19:30-20:30 Hit-Mix	18:00-19:00 Uhr Zumba Erw.+Jugend	17:30-18:30 Ballett Senioren	
20:00-20:30 Yoga Nidra			19:15-20:15 Hula Hoop	19:00-20:00 Techno- Yoga	Kids