



Kursplan

Herbst 2018

UHRZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00	Open Gym	Open Gym	Open Gym		Open Gym	FitBoxen*	
09:00	Sensomotorik	Open Gym	Mobility		Open Gym		Open Gym
10:00	Mobility	Cross-Training	Sensomotorik		Cross-Training	Open Gym	Cross-Training
11:00	Cross-Training	Open Gym	Cross-Training		Sensomotorik	Open Gym	
12:00						Open Gym	
13:00						Cross-Training	
14:00						Open Gym	
15:00							
16:00	Open Gym	Open Gym	Open Gym		Open Gym		
17:00	Open Gym	Open Gym	Open Gym		Spartaner WO		
18:00	Sensomotorik	Cross-Training	Mobility				
19:00	Cross-Training	Open Gym	Cross-Training		FitBoxen*		
20:00	Mobility	Open Gym	Sensomotorik				

* **FitBoxen** findet entweder Freitag 19 Uhr oder Samstag 8:30 Uhr statt!

Das Cross Training am Dienstag ist für Fortgeschrittene.