Winterplan 2021/22

Buchungen ausschließlich via Terminal / online !

ab **29.11.2021**

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag
8:00-9:00	Knie/Hüfte Rehasport Claudi 85848025815	TRX Jonas	Karate Jochen	HWS/Schulter Rehasport Claudi 85609923375	Karate Jochen		Knie/Hüfte Rehasport Babette 85704539912	Karate Jochen		WSG Rehasport Antje		Karate Jochen	Karate Jochen	TRX Claudi					
9:00-10:00	Faszien& Mobility Claudi 88683267906			Rücken&ABS&Faszien Claudi 82750512940	Karate Jochen		Cardiofit/ Step Babette			WSG Antje					Spinning Claudi	Krav Maga	Tai Chi		Karate Bo
10:00-11:00	Pilates Claudi 87023456027			Yoga Claudi 81192411747			WSG Rehasport Babette 82145597710			WSG Rehasport Antje		Nordic Walking Hennes	Yoga Claudi 83835730407	Karate Jochen		Krav Maga	Karate Jochen		Karate Jochen
11:00-12:00	WSG Rehasport Claudi 86503821072												WSG Reha Claudi 89063055387			Krav Maga			
14:00-15.00													Ballett	Ballett					
15:00-16:00											Ballett		Ballett	Ballett					
16:00-17:00	Ballett			Kinder Karate Jochen			Rehasport Basic Claudi	Tai Chi			Ballett	Karate Jochen	Ballett	Ballett				16:15 ABS Stefan	16:15 WSG Rehasport Babette 89555447101
17:00-18:00	WSG Rehasport Babette 89266479903		P-Class Susi	WSG Rehasport Babette 85492681905	Karate Jochen		HWS/Schulter Rehasport Claudi 87932543441	Tai Chi		WSG Rehasport Susi 85029665095	Ballett	Karate Jochen	Ballett	Ballett				Spinning Stefan	17:15 Pranayama Babette 87252750905
18:00-19:00	Zumba Susi 81115094729	Quigong Jochen	ABS& Pump Babette	Balance& Stretch Babette 88121979449	Karate Jochen	Power Circle Leif	Knie/Hüfte Rehasport Marion	TRX Claudi	Karate	Zumba Susi 88015729785	TRX-Zirkel Babette	Karate Jochen		TRX Florian					Yoga Babette 88003981742
19:00-20:00	Yoga Antje		Spinning Babette	WSG Rehasport Babette 83094007060		Spinning Leif	Functional Pilates Claudi 89017060696	WSG Rehasport Marion	19:30 Krav Maga	Karate Bo	WSG Trainer Azubi			Spinning Florian					
20:00-21:00	WSG Reha Antje						Yoga Claudi 82248878729		Krav Maga										