

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:45-08:15 Mobility ZOOM Jule		08:30-09:15 Body Workout Jule		07:45-08:15 Mobility ZOOM Jule
			09:30-10:30 Pilates Gaby	
	10:00-11:00 Qigong Elenor			10:30-11:30 Jumping Sandra
	11:00-11:30 Thai Chi Elenor			
17:45-18:45 Jumping Sandra	17:45-18:45 Pilates Gaby		17:30-19:00 Kung Fu Tobias	
			19:00-19:45 Step Aerobic Jule	
20:00-21:00 Hot Iron Claudia	20:00-21:00 Indoor Cycling Jule		20:00-21:00 Hot Iron Claudia	

Kursplan TuS Dassendorf – Stand August 2021