

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			
11:30-12:30 Yoga Regina	11:00-11:30 Thai Chi Elenor			
	17:45-18:45 Pilates Gaby		17:30-19:00 Kung Fu Tobias	
19:00-20:00 Zumba Katja				
	20:00-21:00 Indoor Cycling Jule			

Kursplan TuS Dassendorf – Stand August 2021