

Kursplan TuS Dassendorf

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:45-08:15 Mobility <b>ZOOM</b> Jule		07:45-08:15 Mobility <b>ZOOM</b> Jule	08:30-09:30 HOT IRON Claudia	07:45-08:15 Mobility <b>ZOOM</b> Jule
08:30-09:15 Step Aerobic Jule		08:30-09:15 Body Workout Jule	10:30-11:30 Health Sandra	08:30-09:15 Body Workout Jule
	10:00-11:00 Qigong Elenor	09:20-10:05 Faszienlösung Jule		10:30-11:30 Jumping Sandra
	11:00-11:30 Thai Chi Elenor			
17:45-18:45 Jumping Sandra	17:30-18:30 FIT+ Carola		17:30-19:00 Kung Fu Tobias	18:00-19:00 Step Anfänger Birte
19:00-20:00 Zumba Katja	19:00-19:45 Rückenfit Jule	18:30-19:45 Yoga Silke	19:00-19:45 Step Aerobic Jule	
20:00-21:00 HOT IRON Claudia	19:50-20:50 Indoor Cycling Jule	20:00-21:00 Indoor Cycling Daniel	20:00-21:00 HOT IRON Claudia	

**Sonntag: 17:00-18:00 Meditation**