

Kursplan TuS Dassendorf

22.4.-25.4.

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|-------------|------------------------------------|--------------------------------------|---|--|
| | | | | 07:45-08:15 Mobility ZOOM Jule |
| | | | | 08:30-09:15 Body Workout Jule |
| | | | | 10:30-11:30 Jumping Sandra |
| OSTERMONTAG | | | | |
| | | | | |
| | | | 17:30-19 Uhr Kung Fu Turnhalle- Tobi | |
| | 17:30-18:30 FIT+ Carola | 17:30-18:30 Indoor Cycling Daniel | | 18:00-19:00 Step Anfänger Birte |
| | 19:00-19:45 Rückenfit Jule | | 19:00-19:45 Step Aerobic Jule | |
| | 19:50-20:50 Indoor Cycling Jule | | | |

17:00-18:00 Meditation (mit Anmeldung unter
0174-935 11 77)