

Kursplan TuS Dassendorf

28.10-1.11.2024

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:45-08:15 Mobility ZOOM Jule		07:45-08:15 Mobility ZOOM Jule		07:45-08:15 Mobility ZOOM 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			
	19:00-19:45 Rückenfit Jule		19:00-19:45 Step Aerobic Jule	
	19:50-20:50 Indoor Cycling Jule			

Sonntag: 17:00-18:00 Meditation