

Trainingszeiten und Kurse ab 14 Oktober 2024



Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	Zeit	
7:00								7:00	
7:15								7:15	
7:30	Galileo & Kurs Kay 7:30 - 14:00		Galileo & Kurs Kay 7:30 - 11:30		CircleTraining 7:15 - 8:15			7:30	
7:45									7:45
8:00									8:00
8:15		FitnessYoga Tatjana 8:00 - 9:00			FitnessYoga Tatjana 8:00 - 9:00				8:15
8:30									8:30
8:45							Yoga 8:30 - 9:45		8:45
9:00									9:00
9:15								Galileo & Kurs Kay 9:00 - 13:00	9:15
9:30									9:30
9:45									9:45
10:00						10:00			
10:15						10:15			
10:30		Wing Tsun Escrima 10:00 - 11:30		Wing Tsun Escrima 10:00 - 11:30	Galileo & Kurs Kay 10:00 - 11:30	Extern	10:30		
10:45							10:45		
11:00							11:00		
11:15							11:15		
11:30						Fitness Boxen 11:00 - 12:00	11:30		
11:45			Bauch-Beine-Rücken-Po 11:30 - 12:30		Bauch-Beine-Rücken-Po 11:30 - 12:30		11:45		
12:00							12:00		
12:15						Fitness Boxen 12:00 - 13:00	12:15		
12:30							12:30		
12:45							12:45		
13:00		Galileo & Kurs Kay 11:30 - 15:00					13:00		
13:15					LunchYoga Tatjana I 13:00 - 14:00		13:15		
13:30				Galileo & Kurs Kay 11:30 - 16:30			13:30		
13:45						Wing Tsun Escrima 13:30 - 15:00	13:45		
14:00			Galileo & Kurs Kay 12:30 - 16:30				14:00		
14:15					nach Absprache		14:15		
14:30							14:30		
14:45							14:45		
15:00						Sparring 15:00 - 16:00	15:00		
15:15							15:15		
15:30							15:30		
15:45							15:45		
16:00							16:00		
16:15							16:15		
16:30					Wing Tsun Escrima 16:00 - 17:15		16:30		
16:45		Fitness Boxen 16:30 - 17:30	Wing Tsun Kids 16:30 - 17:30	Wing Tsun Kids 16:30 - 17:30			16:45		
17:00							17:00		
17:15							17:15		
17:30	Yoga 17:00 - 18:15				Fighter Fitness 17:15 - 18:15		17:30		
17:45		Pilates 17:30 - 18:30					17:45		
18:00							18:00		
18:15			Extern	Wing Tsun Escrima 17:45 - 19:00			18:15		
18:30	Olymisches Boxen 18:15 - 19:30						18:30		
18:45		Fitness Boxen 18:30 - 19:30					18:45		
19:00					Extern		19:00		
19:15			Kurs Kay 19:00 - 20:00	FighterFitness 19:00 - 20:00			19:15		
19:30						Yoga 19:00 - 20:00	19:30		
19:45							19:45		
20:00	Galileo & Kurs Kay 19:30 - 21:00	Wing Tsun Escrima 19:30 - 21:00					20:00		
20:15			Functional Fitness 20:00 - 21:00		Galileo & Kurs Kay 20:00 - 21:30		20:15		
20:30							20:30		
20:45							20:45		
21:00					<i>Galileo & Kurs Kay 20:00 - 21:30 nur nach Absprache!</i>		21:00		