

KURSPLAN

ab 01. Juli 2026

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
				09:30 – 10:30 SENIOREN GYM
	10:00 – 11:00 YOGA		10:00 – 11:00 YOGA	
	17:30 – 18:15 THAI-CHI			
18:00 – 19:30 RÜCKENTRAINING				
	18:30 – 19:15 BODYART		18:30 – 19:15 YOGA	
		19:00 – 20:15 FITMIX		
	19:15 – 20:00 PILATES			
19:30 – 20:30 FITMIX				