



KURSPLAN

ZEIT	MONTAG				DIENSTAG			MITTWOCH				DONNERSTAG			FREITAG		
09.00 - 10.00								REHA SPORT RÜCKEN									
10.00 - 11.00	REHA SPORT RÜCKEN									REHA SPORT RÜCKEN							
16.00 - 16.30																	
16.30 - 17.00		KIDS BOXEN 06-11 J.							KIDS BOXEN 06-11 J.				KIDS POWER BEGINNER 12-16 J.			KIDS POWER BEGINNER 12-16 J.	
17.00 - 17.30																BREAK DANCE BEGINNER AB 6J.	
17.30 - 18.00			SIXPACK			SIXPACK			SIXPACK	PUGILIST WARRIOR KIDS AB 11 J.			SIXPACK				
18.00 - 18.30		KIDS BOXEN 12-16 J.				REHA SPORT RÜCKEN	WONDER WOMAN BOX WORK- OUT		KIDS BOXEN 12-16 J.			WONDER WOMAN BOX WORK- OUT	ATHLETIK WK- BOXER		KIDS BOXEN 12-16 J.	BREAK DANCE FORTG. AB 6J.	SIXPACK
18.30 - 19.00							KIDS POWER FORTG. 12-16J.										
19.00 - 19.30			WONDER WOMAN WORK- OUT				POWER ZIRKEL			WONDER WOMAN WORK- OUT	PUGILIST OUTDOOR DRILLING						
19.30 - 20.00	FITNESS BOXEN	WETT- KAMPF BOXEN			FITNESS BOXEN			FITNESS BOXEN	WETT- KAMPF BOXEN			FITNESS BOXEN			WETT- KAMPF BOXEN	EURO TRAINING	WONDER WOMAN WORK- OUT
20.00 - 20.30																	
20.30 - 21.00										REHA SPORT RÜCKEN							
21.00 - 21.30																	