



KURSPLAN

ZEIT	MONTAG				DIENSTAG				MITTWOCH				DONNERSTAG				FREITAG						
09.00 - 10.00	REHA SPORT RÜCKEN								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.				WARRIOR KIDS 08-11 J.		KIDS POWER BEGINNER 12-16 J.		KIDS BOXEN 06-11 J.		KIDS POWER BEGINNER 12-16 J.				
17.00 - 17.30							PUGILIST EXPERIENCE CREW (FORTGESCHR.)										BREAK DANCE BEGINNER AB 8J.						
17.30 - 18.00		SIXPACK			SIXPACK				SIXPACK		WARRIOR KIDS AB 11 J.			SIXPACK				BREAK DANCE AB 8J.					
18.00 - 18.30	KIDS BOXEN 12-16 J.			REHA SPORT RÜCKEN	WOMAN FIT		KIDS POWER FORTG. 12-16J.			KIDS BOXEN 12-16 J.				WOMAN FIT		ATHLE- TIK WK- BOXER		KIDS BOXEN 12-16 J.		BREAK DANCE FORTG. AB 8J.		SIXPACK	
18.30 - 19.00																							
19.00 - 19.30			WONDER WOMAN WORK- OUT								WONDER WOMAN WORK- OUT												
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			REHA SPORT RÜCKEN		EURO TRAINING						REHA SPORT RÜCKEN												
20.30 - 21.00											EURO TRAINING												
21.00 - 21.30																							