

## Kursplan FZ Münsingen ab 01.11.2017

# FZ MÜNSINGEN

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

|               |                |                             |                 |                             |                |
|---------------|----------------|-----------------------------|-----------------|-----------------------------|----------------|
| 08:00 - 9:00  |                | Rehasportkurs<br>Orthopädie | BBP             | Rehasportkurs<br>Orthopädie |                |
| 09:00 - 10:00 |                | Rehasportkurs<br>Orthopädie | Step-Aerobic    | Rehasportkurs<br>Orthopädie |                |
| 10:00 - 11:00 | Vinyasa Yoga   | Rehasportkurs<br>Orthopädie | Gymnastik       | Rehasportkurs<br>Orthopädie | Line- Dance    |
| 11:00 - 12:00 |                |                             |                 |                             |                |
| 12:00 - 13:00 |                |                             |                 |                             |                |
| 16:00 - 17:00 | Jiu-Jitsu Kids |                             | Jiu-Jitsu Kids  |                             | Jiu-Jitsu Kids |
| 17:00 - 18:00 |                |                             |                 |                             |                |
| 18:00 - 19:00 | Langhantel     | Rehasportkurs<br>Orthopädie | HIIT            | Rehasportkurs<br>Orthopädie |                |
| 19:00 - 20:00 | Step-Aerobic   | Vinyasa Yoga                | Gesunder Rücken | Pilates                     |                |
| 20:00 - 21:00 | Krav Maga      |                             | Krav Maga       |                             |                |
| 21:00 - 22:00 |                |                             |                 |                             |                |

Trainieren mit Freunden