

Kursplan NrQi Sport & Gesundheit



Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:45	Qigong 8:45 - 9:45	Gerätezirkel 8:45 - 9:45		Fit Plus 8:45 - 9:45	Figur Mix 8:45 - 9:45
09:45		Smovey 9:45 - 10:00			Rebound 9:45 - 10:00
10:15					
17:00					
18:00	Figur Mix 18:00 - 19:00		Easy Step 18:00 - 19:00	Figur Mix 18:00 - 19:00	Pole Dance 17:00 - 19:30
18:15					
18:30		Fitness Dance 18:30 - 19:30			
19:00	Easy Step 19:00 - 20:00		Pilates 19:00 - 20:00	Rebound 19:00 - 19:45	
19:30					
19:45			Pole Dance 19:45 - 21:00		
20:00					