

Kursplan NrQi Sport & Gesundheit

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:45	Qigong 08:45 - 09:45	Gerätezirkel 08:45 - 09:45		Fit Plus 08:45 - 09:45	Figur Mix 08:45 - 09:45
09:00					
09:15					
09:30					
09:45		Smovey 09:45 - 10:15			Rebound - Trampolin 09:45 - 10:15
10:00					
17:00					Pole Dance Blockkurse 17:00 - 18:15
17:15					
17:30	Figur Mix 17:30 - 18:30				
17:45				Figur Mix 17:45 - 19:00	
18:00		Simply Yin - Yoga 18:00 - 19:00	Easy Step 18:00 - 19:00		
18:15					
18:30	Figur Mix 18:30 - 19:30				
18:45					
19:00			Pilates 19:00 - 20:00	Rebound - Trampolin 19:00 - 20:00	
19:15		Pole Dance Blockkurse 19:15 - 20:30			
19:30	Easy Step 19:30 - 20:30				
19:45					
20:00					
20:15					

Alte Straße 101
 94034 Passau
 Bankverbindung: NRQi Sport & Gesundheit e.K.
 IBAN: DE80 7405 0000 0008 8005 00
 BIC: BYLADEM1PAS

www.nrqi-passau.de
 +49 851 490 6666
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