



Kursplan Schwäbisch Hall - Michelfeld

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Safe Kids Minis 15.15 - 15.45		Safe Kids Minis 15.15 - 15.45		
Safe Kids I 16.00 – 16.45	Safe Kids I 16.00 – 16.45	Safe Kids I 16.00 – 16.45	Safe Kids I 16.00 – 16.45	
Safe Kids II 17.00 – 17.45	Safe Kids II 17.00 – 17.45	Safe Kids II 17.00 – 17.45	Safe Kids II 17.00 – 17.45	
Rockabilly Workout 18.00 – 18.45	Safe Kids III 18.00 – 18.45	Black Belt Club 18.00 – 18.45	Safe Kids III 18.00 – 18.45	
Power Fitness (extern) 19.00 – 20.00	Kickboxing D.C. 19.00 – 20.00	KI JUTSU (extern) 19.00 – 20.30	LADIES ONLY 19.00 – 20.00	
	CTA 20.00 – 21.00		Kickboxing D.C. 20.00 – 21.00	



Kursplan Obersontheim

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		QI GONG 9.00 – 10.00		
Safe Kids Minis 15.15 – 15.45		Safe Kids Minis 15.15 – 15.45		
Safe Kids I 16.00 – 16.45		Safe Kids I 16.00 – 16.45		
Safe Kids II 17.00 – 17.45		Safe Kids II 17.00 – 17.45	Safe Kids I+II 17.00 – 17.45	
Ladies Only 18.00 – 19.00	BBP+ Power Fitness 18.00 – 19.00	CTA 18.00 – 19.00	Black Belt Club 18.00 – 18.45	YOGA(extern) 18.00 – 19.00
Kickboxing D.C 19.00 – 20.00	Dehnen 19.00 – 19.30	Kickboxing D.C 19.00 – 20.00	Power Fitness 19.00 – 20.00	