

Sport-Art Lüchow Kursplan von 31. August bis 09. Oktober

| Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | |
|--|---|--|---|---|---|--|--|--|---|
| Raum I | Raum II+III | Raum I | Raum II+III | Raum I | Raum II+III | Raum I | Raum II+III | Raum I | Raum II+III |
| | | | | 09:30-10:15 BBP # Kirsten | 09:30-10:15 Circular Jenny | | | 08:15-08:45 Engpass-D Anke | |
| 10:00-11:00 Bodyforming Andrea # | | 09:00-10:00 Qi Gong / Tai Chi Anke # | | 10:30-11:15 Pilates F # Kirsten | | | | | 09:00-09:45 Circular Nick |
| 11:15-12:00 Stretch Andrea # | | | | 11:30-12:30 Yoga # Jenny | | | | 10:00-11:00 Bodyforming Andrea # | |
| 15:00-15:45 Ballett ab 6 J. Jenny | 16:00-16:45 TKD A Kids Frank/Stefan | | | | | 15:00-15:45 Kindertanz 4. J Jenny | 14:15-15:00 Circular Sascha ** | | |
| 16:00-16:45 Ballett ab 15 J. Jenny | 17:00-17:45 TKD M Kids Stefan | 15:30-16:15 Ballett ab 11 J. Jenny | | 15:00-15:45 Ballett ab 7 J. Jenny | | 16:00-16:45 Kindertanz 5. J Jenny | 17:00-17:45 TKD F Kids Frank | 15:00-15:45 Dance-Kids Bente | |
| 17:00-17:45 Jazz Teens 13 J. Paula ** | 17:30-18:15 Lauf ABC # Roland | 16:30-17:15 Ballett ab 16 J. Jenny | | 16:00-16:45 Jazz Kids Paula ** | | 17:00-17:45 Hip-Hop ab 6 J. Kezia | 18:00-18:45 Mobi Kezia | 16:00-16:45 Hip Hop ab 9.J Mandy | |
| 18:00-18:30 Qi Gong # Anke | 18:00-19:00 TKD M Erw. Frank | 17:30-18:15 Jazz Dance 15 J. Paula | 17:30-18:15 Stepptanz Anke | 17:00-18:00 Power Yoga Jenny | 17:00-17:45 Functional A Kezia ** | 18:15-19:00 Cont. Floorwork Paula ** | 19:00-19:30 Body Workout Team ** | 17:00-17:45 Rumpf # Kezia | 17:00-17:45 Hip Hop ab 13.J Mandy |
| 18:35-19:20 Stretch # Jenny | 19:00-20:00 TKD F Erw. Frank | | 18:30-19:00 HIIT Jasmin | 18:15-19:00 Zumba Kezia | 18:30-19:15 Cycling Markus | 19:15-20:00 Ballett Erw. ** Paula | 19:45-20:30 Cycling Markus | 18:00-19:00 Yoga # Sonja | 18:00-18:45 TKD A Frank |
| 19:30-20:15 Body-Toning Paula ab 07.09 | 19:30-20:00 Circular Sascha | 19:20-20:05 Floorwork Jenny | 19:10-19:40 Athletic Moves Jasmin | 19:15-20:00 Bodyforming Andrea ** | 19:30-20:30 Functional F Kezia | | 20:00-21:45 Kummooyeh Frank** | | 19:00-20:00 TKD M-F Frank |

Kräftigung
Ausdauer
Tanz
Entspannung
Kinder

Outdoor/bei schlechtem Wetter im Sport-Art

* Fällt bei schlechtem Wetter aus

Mehr Infos: www.sport-art.de

** Siehe Infoboard