

Kursplan SHA - Michelfeld

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		*Fit dank Baby 9.30 – 10.30		
	*Fit dank Baby 10.00 – 11.00	*Fit dank Baby 10.50 – 11.50		
Safe Kids Minis 14.15 - 14.45				
Safe Kids 1 15.00 - 15.45		Safe Kids Minis 15.15 - 15.45		
Safe Kids 2 16.00 - 16.45	Safe Kids 16.00 - 16.45	Safe Kids 1 16.00 - 16.45	Safe Kids 16.00 - 16.45	
Black Belt Club 17.00 - 17.45	Safe Kids 17.00 - 17.45	Safe Kids 2 17.00 - 17.45	Safe Kids 17.00 - 17.45	
Rockabilly Workout 18.00 - 18.45	Safe Kids 18.00 - 18.45	Power Fitness 18.00 - 19.00	Safe Kids 18.00 - 18.45	CTA 18.00 - 19.00
Power Fitness 19.00 - 20.00	Kickboxing D.C. 19.00 - 20.00	KI JUTSU 19.00 - 20.30	LADIES ONLY 19.00 - 20.00	Kickboxing D.C. 19.00 - 20.00

* Die Termine für "Fit dank Baby" sind zeitlich begrenzt auf 8 Termine pro Kurs.