

## Kursplan SHA - Michelfeld

Montag	Dienstag	Mittwoch	Donnerstag
		*Fit dank Baby (extern) 9.30 – 10.30	
		*Fit dank Baby (extern) 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 1 16.00 – 16.45	Safe Kids 1 16.00 – 16.45	Safe Kids 1 16.00 – 16.45
Black Belt Club 17.00 – 17.45	Safe Kids 2 17.00 – 17.45	Safe Kids 2 17.00 – 17.45	Safe Kids 2 17.00 – 17.45
Rockabilly Workout 18.00 – 18.45	Safe Kids 3 18.00 – 18.45	Power Fitness (extern) 18.00 – 19.00	Safe Kids 3 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

\*Die Termine für „Fit dank Baby“ sind zeitlich begrenzt auf 8 Termine pro Kurs.