

Unterrichts-/Belegungsplan ab 13. Februar 2024

Table with 2 columns: Category (e.g., Vereinsheim, OH, SI) and Description (e.g., Vereinsheim Hybridkurs, KAMPFSPORTCENTER, POLE-STUDIO).

Montag

Table with 4 columns: Time slot, Activity, Instructor, and Level/Notes. Rows include Meditation, Qi-Gong, Rope Skipping, Ballet Minis, Pilates, and Pole Conditioning.

Dienstag

Table with 4 columns: Time slot, Activity, Instructor, and Level/Notes. Rows include Faszientraining, Ballet Kids, Contemporary, Pilates, Pole, and Twerk Choreo.

Mittwoch

Table with 4 columns: Time slot, Activity, Instructor, and Level/Notes. Rows include TSG Nutzung intern, Breakdance Kids, Ballett, Pole, and Aerial Hoop.

Donnerstag

Table with 4 columns: Time slot, Activity, Instructor, and Level/Notes. Rows include Good Morning Yoga, Ballett Minis, Pole, Rhythm, and Taekwondo.

Freitag

Table with 4 columns: Time slot, Activity, Instructor, and Level/Notes. Rows include Babytrage-Fitnessdance, Ballett Minis, Pole, Rhythm, and Aerial Hoop.

Samstag

Table with 4 columns: Time slot, Activity, Instructor, and Level/Notes. Rows include Hatha Yoga, Zumba, Pole, and Aerial Hoop.

Sonntag

Table with 4 columns: Time slot, Activity, Instructor, and Level/Notes. Rows include Chakra Yoga, Israeliische Tänze, Pole, Rhythm, and Aerial Hoop.