

TRAININGSPLAN



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| ZEIT | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG |
|--------------|---|--|---|--------------------------------------|---------|
| 9:30-10:30 | Morgen-Fitness Kinderhort Barbara | Pilates Kinderhort Prisca | Bauch, Beine, Po Kinderhort Diana | Step Aerobic Kinderhort Prisca | |
| 16:15- 17:00 | | Kids Dance Barbara | | | |
| 17.00-18.00 | | Street Jazz Dance Kid's Barbara | Street Jazz Dance Teens Barbara | Hip Hop Kids Livia | |
| 18.00-19.00 | | Breakdance Teens Marc | Fire Feet Tanzgruppe Barbara | Hip Hop Teens Livia | |
| 19.00-20.00 | Orientalischer Tanz Tahira | Breakdance Erwachsene Marc | Dance Aerobic Barbara | Easy Dance Claudia | |
| 20.00-21.00 | Power Dance Barbara | | Fitness Barbara | Power yoga in L.A. Marisa | |