

KLEINGRUPPEN KURSE

KURSPLAN AB 01.10.24

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.45 - 10.15 TRX		09.45 -10.15 TRX		09.45 -10.15 FELXX	09.45 - 10.15 TRX	
10.15 - 10.45 FLEXX	10.30 - 11.00 FLEXX	10.30 - 11.00 BAUCHEXPRESS	10.30 - 11.00 FLEXX			11.15 - 11.45 TRX
10.45 - 11.15 FASZIEN					11.45 -12.15 FLEXX	12.30 - 13.00 FAST MOBILITY

17.15 - 17.45 FLEXX	17.00 - 17.30 FLEXX	17.15 - 17.45 FLEXX	17.15 - 17.45 FELXX	17.00 - 17.15 FLEXX
17.45 - 18.15 TRX	18.30 - 19.00 BAUCHEXPRESS	18.15 - 18.45 TRX	18.30 - 19.00 BAUCHEXPRESS	17.30 - 18.00 TRX
18.30 - 18.45 BAUCHEXPRES	19.00 - 19.30 TRX		19.00 - 19.30 TRX	
18.45 FAST MOBILITY	19.30 FAST MOBILITY		19.30 FAST MOBILITY	