



Kursplan Präventionskurse

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00		Aqua Fitness (8.15 - 9.15 Uhr)			
9:00					
9:30					
10:00	Aqua Fitness	Aqua Fitness			
10:30				Wassergym (bis 10.45 Uhr)	Aqua Fitness
11:00		Wassergym (bis 11.45 Uhr)		Aqua Fitness (10.45-11.45 Uhr)	
11:30					
12:00					
14:00					
14:30				Welcon Vitalkurs	
15:00					
15:30					
16:00					
16:30					
17:00		Welcon Vitalkurs			
17:30					
18:00	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	
18:30					
19:00	Aqua Fitness		Aqua Fitness	Aqua Fitness	
19:30					
20:00	Wassergym (bis 20.45 Uhr)	Aqua Fitness	Aqua Fitness		
20:30					
21:00					