



DenkSport KURSPLAN ab 06.12.2021

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	10:00-11:00 Intervall Stadtwald/Jahnwiese Backup Ha 05	11:00-12:00 Aquafitness SZ Ha 13 Backup Ha 06		10:30-11:30 Ausdauer LAA/Jahnwiese/ Backup Halle 06
12:00-13:00 Aquafitness SZ Ha 13		12:30-13:30 Aquafitness SZ Ha 13 Backup Ha 06 (12-13)	11:00-12:00 Rückengymnastik LAA/Stadtwald/Jahnwiese Backup Halle 05	11:30-12:30 Kraft/Koordination LAA/Jahnwiese/ Backup Halle 06
13:00-14:00 Ausdauer LAA/Stadtwald/Jahnwiese Backup Ha 06				
	15:00-16:00 Online Kraft/Koordination Backup Ha 06			