

Kursplan TuS Dassendorf

2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07:45-08:15 Mobility ZOOM Jule		07:45-08:15 Mobility ZOOM Jule	7:50-8:20 KORCE Express Mobility Claudia	07:45-08:15 Mobility ZOOM Jule
		08:30-09:15 Body Workout Jule	08:30-09:30 HOT IRON Claudia	08:30-09:15 Body Workout Jule
	10:00-11:00 Qigong Elenor	09:20-10:05 Faszienlösung Jule	10:30-11:30 Health Sandra	10:30-11:30 Jumping Sandra
	11:00-11:30 Thai Chi Elenor			
17:45-18:45 Jumping Sandra	17:30-18:30 FIT+ Carola	17:30-18:30 Indoor Cycling Daniel		18:00-19:00 Step Anfänger Birte
19:00-20:00 Zumba Katja	19:00-19:45 Rückenfit Jule	18:45-20:00 Yoga Silke	19:00-19:45 Step Aerobic Jule	
20:00-21:00 HOT IRON Claudia	19:50-20:50 Indoor Cycling Jule		20:00-21:00 HOT IRON Claudia	

17:00-18:00 Meditation (mit Anmeldung unter
0174-935 11 77)