

# Kursplan

15.10.2018 - 21.10.2018

FORUM  
 Kölner Straße 88  
 41812 Erkelenz  
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Montag 15.10.2018	Dienstag 16.10.2018	Mittwoch 17.10.2018	Donnerstag 18.10.2018	Freitag 19.10.2018	Samstag 20.10.2018	Sonntag 21.10.2018
08:00 - 08:45 Wassergymnastik	08:00 - 08:45 Wassergymnastik	08:00 - 08:45 Wassergymnastik	08:00 - 08:45 Wassergymnastik	08:00 - 08:45 Wassergymnastik	10:00 - 10:45 Hanteltraining	10:00 - 10:45 HKL
09:00 - 09:45 Wirbelsäulengymnast...	08:30 - 09:00 Venengymnastik	09:00 - 09:45 Wassergymnastik	09:00 - 09:45 Aqua Bike	09:00 - 09:30 Venengymnastik		
09:00 - 09:45 Wassergymnastik	09:00 - 09:45 Wirbelsäulengymnast...	09:15 - 10:00 Beckenbodengymnasti...	09:15 - 10:00 Pilates	09:30 - 10:15 Aqua Bike		
10:00 - 10:45 Autogenes Training	09:15 - 10:00 Wassergymnastik	10:15 - 11:00 Wassergymnastik	09:30 - 10:15 Faszientraining	10:15 - 11:00 Wassergymnastik		
10:15 - 11:00 Wassergymnastik	10:00 - 10:45 Wassergymnastik	11:15 - 12:00 Wassergymnastik	10:00 - 10:45 Wassergymnastik	11:00 - 11:45 Wassergymnastik		
11:00 - 11:45 Wassergymnastik	10:00 - 10:45 Osteoporosegymnasti...	12:15 - 13:00 Wassergymnastik	11:15 - 12:00 Wassergymnastik	12:00 - 13:00 Yoga		
16:00 - 16:45 Wassergymnastik	17:30 - 18:15 HKL	13:00 - 13:45 Wassergymnastik	19:00 - 19:45 Aqua Fit	18:15 - 19:15 Yoga		
16:45 - 17:30 Koordination & Gleit...	18:00 - 18:45 Pilates FG	15:00 - 15:45 Wassergymnastik	19:45 - 20:30 Wassergymnastik	18:30 - 19:15 Aqua Bike		
17:30 - 18:00 Spinning	18:30 - 19:15 Faszientraining	16:30 - 17:15 Wassergymnastik		19:15 - 20:00 Wassergymnastik		
18:00 - 18:45 Wassergymnastik	18:30 - 19:15 Aqua Fit	18:00 - 18:45 Fit&Funky				
18:00 - 18:30 Funktional Training...	19:00 - 19:45 Pilates MS	18:00 - 18:45 Frauen-Wassergymnas...				

- Aqua Kurse
- Gymnastik
- Kraft & Ausdauer...
- Körper & Geist
- Rücken & Gelenke...

Stand: 15.10.2018

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<div data-bbox="114 375 369 451" style="background-color: #4CAF50; color: white; padding: 5px; margin-bottom: 5px;">           18:30 - 19:15 L&amp;B         </div> <div data-bbox="114 464 369 541" style="background-color: #39548C; color: white; padding: 5px;">           19:15 - 20:00 Aqua Bike         </div>	<div data-bbox="405 375 660 451" style="background-color: #39548C; color: white; padding: 5px; margin-bottom: 5px;">           19:15 - 20:00 Aqua Fit         </div> <div data-bbox="405 464 660 541" style="background-color: #A9A9A9; color: black; padding: 5px; margin-bottom: 5px;">           19:15 - 20:00 Autogenes Training         </div> <div data-bbox="405 553 660 630" style="background-color: #A9A9A9; color: black; padding: 5px;">           19:45 - 20:30 Pilates ES         </div>	<div data-bbox="696 375 952 451" style="background-color: #39548C; color: white; padding: 5px; margin-bottom: 5px;">           19:00 - 19:45 Aqua Bike         </div> <div data-bbox="696 464 952 541" style="background-color: #39548C; color: white; padding: 5px;">           20:00 - 20:45 Wassergymnastik         </div>				

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