

OKTOBER 2017



THEMA **„ Den goldenen Herbst genießen“**

ZEITRAUM **01.-31.10.17**

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG/SONNTAG

1					1
2	2	3	4	5	6
			15.30 TK (VLHS) (EF)		
			19.00 BBP (VLHS) (EF)		
3	9	10	11	12	13
	09.30 RK (VLHS) (P)	17.00 RK (VLHS) (P)	15.30 TK (VLHS) (EF)		
	18.15 FK (VLHS) (EF)	18.00 RK (VLHS) (P)	19.00 BBP (VLHS) (EF)		
4	16	17	18	19	20
	09.30 RK (VLHS) (P)	17.00 RK (VLHS)	15.30 TK (VLHS) (EF)		
	18.15 FK (VLHS) (EF)	18.00 PGK (VLHS)(P)	19.00 BBP (VLHS) (EF)		
5	23	24	25	26	27
	09.30 RK (VLHS) (P)	17.00 RK (VLHS) (P)	15.30 TK (VLHS) (EF)		
	18.15 FK (VLHS) (EF)	18.00 PGK (VLHS) (P)	19.00 BBP (VLHS) (EF)		
	RK- Rückenkurs TK-Afro-Brasil- Tanz	BBP- Bauch- Beine-Po FK-Fitnesskurs	P- Zi.201 EF- EasyFit	VLHS- Verein Lebensfreude „Haff Sonne“	

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