

JANUAR 2018



THEMA **„Mit guten Vorsätzen und Elan in das neue Jahr“**

ZEITRAUM **01.-31.01.18**

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG/SONNTAG

| | | | | | | |
|-----------------------|---|---|--------------------------|--|----|-------|
| | 1 | 2 | 3 | 4 | 5 | 6/7 |
| 1 WOCHE | | 17.00 RK (VLHS) (P) | 15.30 TK (VLHS) (EF) | | | |
| | | 18.00 RK (VLHS) (P) | 19.00 BBP (VLHS) (EF) | | | |
| 2 WOCHE | 8 | 9 | 10 | 11 | 12 | 13/14 |
| | 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) | | | |
| 3 WOCHE | 15 | 16 | 17 | 18 | 19 | 20/21 |
| | 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 WOCHE | 22 | 23 | 24 | 25 | 26 | 27/28 |
| | 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) | | | |
| 5 WOCHE | 29 | 30 | 31 | 1 | 2 | 3/4 |
| | 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) | | | |
| W O C H E | RK- Rückenkurs TK-Afro-Brasil- Tanz | BBP- Bauch- Beine-Po FK-Fitnesskurs | P- Zi.201 EF- EasyFit | VLHS- Verein Lebensfreude „Haff Sonne“ | | |