

# Virtueller Kursplan B FIRST

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00 - 9:50 Vital 50+: Angie	09:00 - 09:25 Vital-Rücken: Julio L1	09:00 - 9:50 Vital: Sandra Kl. Ball	09:00 - 9:25 Vital: Sandra Kl. Ball	09:00 - 9:25 Vital: Sandra Kl. Ball	10:30 - 10:55 Dance: Svenja L1	13:30 - 13:50 Balance: Babett L2
10:00 - 10:50 Balance: Ann-Kath. L3	09:30 - 09:55 Balance: Sandra L1	11:15 - 11:40 Dance: Svenja L1	09:30 - 9:55 Vital 50+: Sandra	09:30 - 9:55 Vital: Sandra Kl. Ball	13:00 - 13:25 Step: Franke L2	14:00 - 14:25 Stretch: Simone L1
11:00 - 11:25 Step: Franco L2	11:15 - 12:05 Balance: Chrissi L3	11:45 - 12:10 Dance: Svenja L2	10:00 - 10:25 Step: Julio L1	11:15 - 11:40 Vital- Stretch: Franzi L2	13:30 - 14:20 Power: Alex L1	14:30 - 14:55 Dance: Milema L1
11:30 - 11:55 Power: Julio L1 -T1	12:15 - 12:40 Stretch: Simone L1	12:15 - 12:40 Vital-Stretch: Franzi L2	10:30 - 10:55 Dance: Svenja L1	11:45 - 12:10 Step: Simone L3	14:30 - 15:20 Balance: Angie L2	15:00 - 15:30 Balance: Franzi L1
12:00 - 12:25 Power: Julio L1 - T2	12:45 - 13:10 Step: Franco L2	12:45 - 13:08 Step: Sandra L2	11:00 - 10:25 Vital-Rücken: Daline L1	12:15 - 12:40 Balance: Ann-Kath. L3	15:30 - 15:55 Balance: Steffi L2	15:30 - 15:55 Vital-Rücken: Julio L1
12:30 - 12:55 Core: Sandra L2	13:15 - 14:05 Power: Anastasia L2	13:15 - 13:40 Step: Sandra L3	11:30 - 11:55 Vital-Stretch: Julio L1	12:45 - 13:35 Power: Alex L2	16:00 - 16:25 Core: Sabine mit Bag L1	16:00 - 16:50 Power: Danie L1
13:00 - 13:50 Dance: Daniela L2	14:15 - 14:40 Dance: Joy L1	13:45 - 14:35 Balance: Franzi L1	12:00 - 12:55 Dance-Latino: Kai L2	13:45 - 14:10 Dance: Svenja L1	16:30 - 16:55 Step: Julio L1	17:00 - 17:25 Step-Intervall: Julio L2
14:00 - 14:25 Step: Sandra L2	14:45 - 15:10 Core: Daniela L3	14:45 - 15:35 Dance: Daniela L2	13:00 - 13:58 Power: Kati L2	14:15 - 14:40 Core: Danie L2	17:00 - 17:25 Step: Franco L2	
14:30 - 14:55 Step: Sandra L3	15:45 - 15:40 Vital-Stretch: Julio L1	15:45 - 16:10 Fight: Helge L1	14:00 - 14:35 Core: Sandra L2	14:45 - 15:10 Fight: Janin L2 -T1		
15:00 - 15:30 Core: Muris L1	15:45 - 16:35 SenFi: Annette L1	16:15 - 16:40 Balance: Steffi L2	14:30 - 15:20 Balance: Chrissi L3	15:15 - 15:40 Fight: Janin L2 -T2		
15:30 - 15:55 Power: Janin L1 -T1	16:45 - 17:35 Balance: Angie L2	16:45 - 17:10 Power: Janin L1	15:30 - 16:20 Vital: Sandra Kl. Ball	15:45 - 16:15 Core: Muris L1		
16:00 - 16:25 Power: Janin L1 -T2	20:30 - 20:55 Vital-Stretch: Julio L1	17:15 - 17:40 Step: Franco L3	16:30 - 16:55 Balance: Franzi L1	16:15 - 17:05 Vital: Angie L1		
16:30 - 17:11 Fight: Helge L1	21:00 - 21:25 Stretch: Simone L1	20:10 - 21:00 Balance: Anna L2	19:15 - 19:40 Vital-Stretch: Franzi L2	17:15 - 17:40 Vital-Rücken: Daline L1		
19:45 - 20:35 Balance: Angie L2		21:00 - 21:25 Vital-Stretch: Franzi L2	19:45 - 20:30 Fight: Svenja L2			
20:45 - 21:10 Stretch: Simone L1			20:30 - 20:55 Core: Franco L3			
21:15 - 21:40 Vital-Stretch: Julio L1			21:00 - 21:25 Step: Simone L3			



