

# Stundenplan Ebikon ab Mitte August 2018



Stunde	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8.30							
9.40 / 10.00	Faszien Pilates 09.40 - 10.40						
16.25				Kids-Dance* ab 7 J. 16.20			
17.20				Hip-Hop/ Teen-Dance* ab 10 J. 17.15			
17.45 / 18.15				Hip-Hop/ Dance-Style* Oberstufe 18.10			
18.30 / 19.30	Pilates* 18.55 - 19.55	Power Pilates* 1/2 h intensives Training 19.30 - 20.00	Zumba* 18.30 - 19.25	NEU Hip-Hop/ Dance-Style* 16+ 19.05			
19.30 / 20.00	Zumba* 20.05 - 21.05	Pilates* 20.10 - 21.10	Hatha Yoga 19.45 - 21.00	Hatha Yoga 20.10 - 21.25			

\* = Krankenkassen anerkannt