

Stundenplan Ebikon ab Januar 2019



| Stunde | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------|----------------------------------|--|-----------------------------|---|---------|---------|---------|
| 9.40 | Faszien Pilates 09.40 - 10.40 | | | | | | |
| 16.20 | | | | Kids-Dance* ab 7 J. 16.20 | | | |
| 17.15 | | | | Hip-Hop/ Teen-Dance* ab 10 J. 17.15 | | | |
| 18.10 / 18.25 | | NEU Strong by Zumba 18.25 - 19.20 | | 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 | Hatha Yoga 19.30 - 20.45 | | | |
| 19.45 / 20.10 | Zumba* 20.05 - 21.05 | Pilates* 20.10 - 21.10 | Hatha Yoga 19.45 - 21.00 | | | | |

* = Krankenkassen anerkannt