

Trainingszeiten KTV Fit & Vital 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09.00-10.00 Rückenfit (Caro)VH	09.00-10.00 Easy Workout (Caro)VH		09.00-10.00 Complete Bodyworkout (Caro)VH	
	10.00-11.00 Vital Gymnastik (Elena)VH			
				17.00-18.00 Yoga (Isabel)VH
	17.15-18.15 Fit ab 50 (Martina)VH		17.30-18.30 Rücken Aktiv (Elena)VH	
	17.45-18.45 Flexi-Power (Marianna)VH			
18.30-19.30 Vital Gymnastik (Elena)VH		18.45 - 19.45 Zumba® (Verena)VH		
19.00-20.30 Vinyasa Yoga (Ayleen)VH	18.30-19.30 Nordic-Walking (Martina)VH			
	18.30-19.30 Fitness und Spiel (Frank)KKS			
			20.00-22.00 Kondition, Fitness und Spiel (Frank)KKS	
	19.30-21.00 Volleyball Hobby (Frank)KKS			

* KKS = Käthe Kollwitz Schule

** VH = Vereinsheim