

Trainingszeiten Bürgerhaus Sevelen Dorfstr. 55

Stand: Januar 2023

		Montag	Mittwoch	Donnerstag		Freitag	Sonntag
von	bis	gr. Saal	gr. Saal	gr. Saal	kl. Saal	gr. Saal	gr. Saal
10:00	10:30			ZUMBA Gold			
10:30	11:00			10:00 - 11:00			
11:00	11:30						
11:30	12:00						
12:00	12:30						
12:30	13:00						
13:00	13:30						
13:30	14:00						
14:00	14:30						
14:30	15:00						
15:00	15:30						
15:30	16:00		Kinder 1 / 4-6 J.				
16:00	16:30		15:45 - 16:30				
16:30	17:00		Kinder 2 / 4-6 J.				
17:00	17:30		16:30 - 17:15				
17:30	18:00	ZUMBA Fitness	Kinder 3 / 7-10 J.				
18:00	18:30	17:30 - 18:30	17:15 - 18:00	Line Dance 1			
18:30	19:00		ZUMBA Fitness	18:00 - 19:30			
19:00	19:30		18:00 - 19:00				
19:30	20:00	Line Dance 3		Line Dance 2			
20:00	20:30	19:30 - 21:00		19:30 - 21:00			
20:30	21:00						
21:00	21:30						

	Ilona Groth
	Diana Wahl

	Angelika Koczaja
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