

**S** = Sommer-Ferien  
**H** = Herbst-Ferien  
**W** = Winter-Ferien

|   | Sep '22             | Okt '22            | Nov '22 | Dez '22         |     |
|---|---------------------|--------------------|---------|-----------------|-----|
| S | Sanftes Yoga        | Sanftes Yoga       |         | W W             |     |
| S | Hatha Yoga montags  | Hatha Yoga montags |         | W W             |     |
| S | Tai Chi Einsteiger  |                    |         | W W             |     |
| S | Tai Chi Fortgeschr. |                    |         | W W             |     |
| S | Qigong              | H                  | Qigong  | W W             |     |
| S | Body Pump mit Pom   |                    |         | W W             |     |
| S | Hatha Yoga I        |                    |         | W W             |     |
| S | Hatha Yoga II       |                    |         | W W             |     |
| S | Pilates 1           |                    |         | W W             |     |
| S | Pilates 2           |                    |         | W W             |     |
| S | Fit v. K.-F. I      |                    | H       | Fit v. K.-F. I  | W W |
| S | Fit v. K.-F. II     |                    | H       | Fit v. K.-F. II | W W |
| S |                     |                    | H       | Skigym.         | W W |

| Kurs               | Anzahl | Zeitraum        | Wochentag   | Uhrzeit       | Ort                 |
|--------------------|--------|-----------------|-------------|---------------|---------------------|
| Sanftes Yoga       | 10x    | ab 12.09.22     | montags     | 16.45 - 18.00 | Gymraum             |
| Hatha Yoga         | 10x    | ab 12.09.22     | montags     | 18.30 - 19.45 | Gymraum             |
| Tai Chi Einsteiger | 10x    | 14.09.-23.11.22 | mittwochs   | 17.30 - 18.30 | Gymraum             |
| Tai Chi Fortgesch. | 10x    | 14.09.-23.11.22 | mittwochs   | 18.45 - 19.45 | Gymraum             |
| Qigong             | 10x    | 14.09.-23.11.22 | mittwochs   | 20.00 - 21.00 | Turnhalle Althausen |
| Body Pump m. Pom   | 8x     | 15.09.-03.09.22 | donnerstags | 19.15 - 20.15 | Gymraum             |
| Hatha Yoga I       | 10x    | ab 16.09.22     | freitags    | 17.15 - 18.30 | Gymraum             |
| Hatha Yoga II      | 10x    | ab 16.09.22     | freitags    | 19.00 - 20.15 | Gymraum             |
| Pilates 1          | 8x     | 20.09.-15.11.22 | dienstags   | 17.15 - 18.15 | Gymraum             |
| Pilates 2          | 8x     | 20.09.-15.11.22 | dienstags   | 19.45 - 20.45 | Gymraum             |
| Fit v. K.-F. I     | 10x    | 22.09.-01.12.22 | donnerstags | 18.00 - 19.00 | Turnhalle Althausen |
| Fit v. K.-F. II    | 10x    | 22.09.-01.12.22 | donnerstags | 19.15 - 20.15 | Turnhalle Althausen |
| Skigymnastik       | 5x     | 12.11.-17.12.22 | samstags    | 17.00 - 18.00 | Turnhalle Althausen |