

# KURSPLAN **aktiv+**

2023

| MO                                                       | DI                                                       | MI                                                  | DO                                                 | FR | SA | SO                                                             |
|----------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|----|----|----------------------------------------------------------------|
|                                                          |                                                          |                                                     |                                                    |    |    |                                                                |
|                                                          |                                                          |                                                     | Pilates<br><small>Kursraum 1 09:30 - 10:30</small> |    |    |                                                                |
|                                                          |                                                          |                                                     |                                                    |    |    | GoodMorning<br>YOGA<br><small>Kursraum 2 09:30 - 10:30</small> |
|                                                          |                                                          |                                                     |                                                    |    |    |                                                                |
|                                                          | IndoorCYCLING<br><small>Kursraum 2 18:00 - 19:00</small> |                                                     |                                                    |    |    |                                                                |
| IndoorCYCLING<br><small>Kursraum 2 19:00 - 20:00</small> | IndoorCYCLING<br><small>Kursraum 2 19:00 - 20:00</small> | YOGAFlow<br><small>Kursraum 2 19:15 - 20:30</small> |                                                    |    |    |                                                                |
|                                                          |                                                          |                                                     |                                                    |    |    |                                                                |



aktiv – das Fitness- und  
Gesundheitsstudio des TSV Handorf

[www.aktiv-tsvhandorf.de](http://www.aktiv-tsvhandorf.de)