

MEHR. KURSE.



MAPET
TÜBINGEN

KURSPLAN TÜBINGEN

aktuell 11.12.2020



Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
Name	Wiederholungszyklus	Name	Wiederholung	Name	Wiederholung	Name	Wiederholung	Name	Wiederholung	Name	Wiederholung
Yoga		Yoga		Yoga		Yoga		Yoga		Yoga	
Yoga	-100%	Yoga		Yoga		Yoga		Yoga		Yoga	
Yoga						Yoga		Yoga		Yoga	
			100%		100%			Yoga		Yoga	
Yoga				Yoga		Yoga		Yoga		Yoga	
Yoga		Yoga		Yoga		Yoga	100%	Yoga		Yoga	
Yoga		Yoga		Yoga	-100%	Yoga		Yoga			
Yoga	-100%	Yoga		Yoga		Yoga		Yoga			
Yoga		Yoga		Yoga		Yoga					

Wiederholungszyklus: 100% = keine Wiederholung, -100% = keine Wiederholung

- Yoga
- Pilates
- Fitness
- Yoga
- Pilates
- Fitness
- Yoga
- Pilates
- Fitness
- Yoga
- Pilates
- Fitness

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