



UNSER // KURSPLAN

WASSERWELT LANGENHAGEN
Theodor-Heuss-Strasse 10
30858 Langenhagen
Telefon 0511 820 821 70
www.wasserwelt-langenhagen.de

Stand 08/2024



Kursplan // ab 01.09.2024

Änderungen vorbehalten

| ZEIT | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG |
|---------------|--------------|-----------------|----------------------|--------------|--------------|
| 08:30 - 09:15 | Aqua Fitness | | Aqua Fitness | | |
| 09:15 - 10:00 | Aqua Fitness | | Aqua Fitness | | |
| 10:00 - 10:45 | | | Aqua Fitness | | |
| 10:15 - 11:00 | | Aqua Jogging | | | |
| 13:15 - 14:00 | | Wassergymnastik | | | |
| 16:00 - 16:45 | | | | Bodystyling | Aqua Fitness |
| 17:00 - 17:45 | | | Aqua Gym Schwansperg | Aqua Fitness | Aqua Fitness |
| 17:45 - 18:30 | | | | Aqua Fitness | |
| 18:00 - 18:45 | | Aqua Fitness | | | Aqua Fitness |
| 19:00 - 19:45 | | Aqua Fitness | | | |
| 20:00 - 20:45 | Aqua Fitness | Aqua Fitness | | | |