

Kursplan Hochschulsport@home

GÜLTIG AB
11.01.2021

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:15 – 8:30	Fit in 15 @			Fit in 15 @	
11:30 – 11:45		Leibniz Pausenexpress ▶	Leibniz Pausenexpress ▶		
13:00 – 13:15					Fit in 15 @
16:30 – 17:30	Rückenfit ▶	Dance Fit ▶	Yogilates ▶	Yoga ▶	American Tribal Style ▶
17:30 – 17:45		Fit in 15 @	Fit in 15 @		
17:45 – 18:45	Mindful Flow ▶	Tae Bo® ▶	PEPIMUF ▶	Fitness Basic ▶	Circuit Training ▶
19:00 – 20:00	Dance Fit ▶	Solo Jazz ▶	Orientalischer Tanz ▶	Judo ▶	Capoeira ▶
20:15 – 21:15	Move&Mobility ▶		Body Shape ▶	Soft Flow ▶	Mobility ▶

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Leibniz
pausenexpress

