

# Programm Entdecker-Abo Altstetten

## Freitag, 01.11.2024

07:30 – 08:30 Tai Chi Chuan **O**

08:10 – 09:00 Faszien Yoga **O**

09:20 – 10:10 Qi Gong

11:00 – 11:50 Pilates

## Samstag, 02.11.2024

12:30 – 13:20 Comics zeichnen Jugendl.

09:00 – 09:50 Pilates

10:00 – 10:50 Stretch & Relax

10:00 – 10:50 Fitness-Trampolin Health

11:00 – 11:50 Fitness-Trampolin Jumping

## Montag, 04.11.2024

10.20 – 11:10 Fitness-Tramp. Health

12:00 – 12:50 Pilates **O**

12:00 – 12:50 Qi Gong

12:00 – 12:50 Tai Chi Chuan

17:10 – 18:00 Gymnastik

18:00 – 18:50 Hatha Yoga

18:00 – 18:50 Pilates in der Schwanger. **O**

18:10 – 19:00 Bodytoning

18:30 – 19:20 Nähen

18:30 – 19:20 Achtsamkeitstraining **O**

19:00 – 19:50 Pilates

19:00 – 19:50 Power Yoga

19:00 – 19:50 Bauch Beine Po **O**

19:30 – 20:20 Hatha Yoga **O**

19:30 – 20:20 Achtsamkeitstraining **O**

20:30 – 21:00 Meditation 30 Min **O**

## Dienstag, 05.11.2024

10:15 – 11:05 Hatha Yoga

11:30 – 12:20 Faszien Yoga

12:30 – 13:20 Pilates

14:00 – 14:50 Ölmalen

14:00 – 14:50 Handweben

16:45 – 17:15 Bauch & Core X-Press

17:00 – 17:50 Comic Zeichnen

17:15 – 18:05 Wandpilates **O**

17:20 – 17:50 M.A.X.®

18:00 – 18:50 Didgeridoo

18:00 – 18:50 Handweben

18:00 – 18:50 Fitness Tramp. Jumping

18:00 – 18:50 Pilates

19:00 – 19:50 Yoga für den Rücken

19:00 – 19:50 Zeichnen und Malen

19:10 – 20:00 Fitnessboxen

19:30 – 20:20 Face Yoga **O**

## Mittwoch, 06.11.2024

10:00 – 10:50 Face Yoga **O**

14:00 – 14:50 Nähen

17:00 – 17:50 Zumba

17:50 – 18:50 Tai Chi Chuan **O**

18:00 – 18:50 Fitness-Trampolin Jumping

18:00 – 18:50 STRONG Nation

18:00 – 18:50 Nähen

19:00 – 19:50 Fitness-Trampolin Jumping

19:00 – 19:50 Fitnessboxen

19:00 – 20:15 Qi Gong **O**

19:00 – 19:50 Schmuckgestaltung

## Donnerstag, 07.11.2024

11:30 – 12:00 Bauch & Core X-Press

12:10 – 12:40 M.A.X.®

13:00 – 13:50 Schmuckgestaltung

18:00 – 18:50 Bodytoning

18:00 – 18:50 Pilates

18:30 – 19:20 Achtsamkeitstraining **O**

19:00 – 19:50 Didgeridoo

19:15 – 20:05 Pilates **O**

## Freitag, 08.11.2024

07:30 – 08:30 Tai Chi Chuan - Online

08:10 – 09:00 Faszien Yoga - Online

09:20 – 10:10 Qi Gong

11:00 – 11:50 Pilates

17:00 – 17:50 Chorsingen

## Samstag, 09.11.2024

09:00 – 09:50 Pilates

12:30 – 13:20 Comics zeichnen Jugendl.

10:00 – 10:50 Stretch & Relax

11:00 – 11:50 Nähen

## Montag, 11.11.2024

09:00 – 09:50 Schmuckgestaltung

10.20 – 11:10 Fitness-Trampolin Health

12:00 – 12:50 Pilates **O**

12:00 – 12:50 Qi Gong

12:00 – 12:50 Tai Chi Chuan

17:10 – 18:00 Gymnastik

18:00 – 18:50 Hatha Yoga

18:00 – 18:50 Pilates in der Schwanger. **O**

18:10 – 19:00 Bodytoning

18:30 – 19:20 Nähen

18:30 – 19:20 Achtsamkeitstraining **O**

19:00 – 19:50 Pilates

19:00 – 19:50 Power Yoga

19:00 – 19:50 Bauch Beine Po **O**

19:30 – 20:20 Hatha Yoga **O**

19:30 – 20:20 Achtsamkeitstraining **O**

20:30 – 21:00 Meditation 30 Min **O**

## Dienstag, 12.11.2024

10:15 – 11:05 Hatha Yoga

11:30 – 12:20 Faszien Yoga

12:30 – 13:20 Pilates

14:00 – 14:50 Ölmalen

14:00 – 14:50 Handweben

16:45 – 17:15 Bauch & Core X-Press

17:00 – 17:50 Comic Zeichnen

17:15 – 18:05 Wandpilates **O**

17:20 – 17:50 M.A.X.®

18:00 – 18:50 Fitness Tramp. Jumping

18:00 – 18:50 Pilates

18:00 – 18:50 Chorsingen

18:00 – 18:50 Didgeridoo

18:00 – 18:50 Handweben

18:00 – 18:50 Stricken

19:00 – 19:50 Zeichnen und Malen

19:00 – 19:50 Yoga für den Rücken

19:10 – 20:00 Fitnessboxen

19:30 – 20:20 Face Yoga **O**

20:00 – 20:50 Saxofon

## Mittwoch, 13.11.2024

10:00 – 10:50 Face Yoga **O**

14:00 – 14:50 Nähen

17:00 – 17:50 Keyboard / E-Piano

17:00 – 17:50 Zumba

17:50 – 18:50 Tai Chi Chuan **O**

18:00 – 18:50 Fitness-Trampolin Jumping

18:00 – 18:50 STRONG Nation

18:00 – 18:50 Gitarre

18:00 – 18:50 Nähen

19:00 – 19:50 Fitness-Trampolin Jumping

19:00 – 19:50 Fitnessboxen

19:00 – 20:15 Qi Gong **O**

21:00 – 21:50 Ukulele

## Donnerstag, 14.11.2024

11:30 – 12:00 Bauch & Core X-Press

12:10 – 12:40 M.A.X.®

**O** = Kurs findet online statt

# Programm Entdecker-Abo Altstetten

17:00 – 17:50	Schwyzerörgeli
18:00 – 18:50	Bodytoning
18:00 – 18:50	Pilates
18:30 – 19:20	Achtsamkeitstraining <b>O</b>
19:15 – 20:05	Pilates <b>O</b>

## Freitag, 15.11.2024

07:30 – 08:30	Tai Chi Chuan - Online
08:10 – 09:00	Faszien Yoga - Online
09:20 – 10:10	Qi Gong
10:00 – 10:50	Schmuckgestaltung
11:00 – 11:50	Pilates

## Samstag, 16.11.2024

09:00 – 09:50	Pilates
12:30 – 13:20	Comics zeichnen Jugendl.
10:00 – 10:50	Stretch & Relax

## Montag, 18.11.2024

10.20 – 11.10	Fitness-Trampolin Health
12:00 – 12:50	Pilates <b>O</b>
12:00 – 12:50	Qi Gong
12:00 – 12:50	Tai Chi Chuan
17:10 – 18:00	Gymnastik
18:00 – 18:50	Hatha Yoga
18:00 – 18:50	Pilates in der Schwanger. <b>O</b>
18:10 – 19:00	Bodytoning
18:30 – 19:20	Achtsamkeitstraining <b>O</b>
18:30 – 19:20	Nähen
19:00 – 19:50	Pilates
19:00 – 19:50	Power Yoga
19:00 – 19:50	Bauch Beine Po <b>O</b>
19:30 – 20:20	Hatha Yoga <b>O</b>
19:30 – 20:20	Achtsamkeitstraining <b>O</b>
20:30 – 21:00	Meditation 30 Min <b>O</b>

## Dienstag, 19.11.2024

10:15 – 11:05	Hatha Yoga
11:30 – 12:20	Faszien Yoga
12:30 – 13:20	Pilates
14:00 – 14:50	Ölmalen
14:00 – 14:50	Handweben
16:45 – 17:15	Bauch & Core X-Press
17:00 – 17:50	Comic Zeichnen
17:15 – 18:05	Wandpilates <b>O</b>
17:20 – 17:50	M.A.X.®
18:00 – 18:50	Chorsingen
18:00 – 18:50	Didgeridoo

18:00 – 18:50	Handweben
18:00 – 18:50	Fitness Tramp. Jumping
18:00 – 18:50	Pilates
19:00 – 19:50	Zeichnen und Malen
19:00 – 19:50	Yoga für den Rücken
19:10 – 20:00	Fitnessboxen
19:30 – 20:20	Face Yoga <b>O</b>
20:00 – 20:50	Saxofon

## Mittwoch, 20.11.2024

10:00 – 10:50	Face Yoga <b>O</b>
14:00 – 14:50	Nähen
17:00 – 17:50	Keyboard / E-Piano
17:00 – 17:50	Zumba
17:50 – 18:50	Tai Chi Chuan <b>O</b>
18:00 – 18:50	Gitarre
18:00 – 18:50	Fitness-Trampolin Jumping
18:00 – 18:50	STRONG Nation
19:00 – 19:50	Fitness-Trampolin Jumping
19:00 – 19:50	Fitnessboxen
19:00 – 20:15	Qi Gong <b>O</b>
19:00 – 19:50	Schmuckgestaltung
21:00 – 21:50	Ukulele

## Donnerstag, 21.11.2024

11:30 – 12:00	Bauch & Core X-Press
12:10 – 12:40	M.A.X.®
13:00 – 13:50	Schmuckgestaltung
17:00 – 17:50	Schwyzerörgeli
18:00 – 18:50	Bodytoning
18:00 – 18:50	Pilates
18:30 – 19:20	Achtsamkeitstraining <b>O</b>
19:00 – 19:50	Didgeridoo
19:15 – 20:05	Pilates <b>O</b>

## Freitag, 22.11.2024

07:30 – 08:30	Tai Chi Chuan <b>O</b>
08:10 – 09:00	Faszien Yoga <b>O</b>
09:20 – 10:10	Qi Gong
11:00 – 11:50	Pilates
17:00 – 17:50	Chorsingen

## Samstag, 23.11.2024

09:00 – 09:50	Pilates
12:30 – 13:20	Comics zeichnen Jugendl.
10:00 – 10:50	Stretch & Relax
11:00 – 11:50	Nähen

## Montag, 25.11.2024

09:00 – 09:50	Schmuckgestaltung
10.20 – 11.10	Fitness-Tramp. Health
12:00 – 12:50	Pilates <b>O</b>
12:00 – 12:50	Qi Gong
12:00 – 12:50	Tai Chi Chuan
17:10 – 18:00	Gymnastik
18:00 – 18:50	Hatha Yoga
18:00 – 18:50	Pilates in der Schwanger. <b>O</b>
18:10 – 19:00	Bodytoning
18:30 – 19:20	Nähen
18:30 – 19:20	Achtsamkeitstraining <b>O</b>
19:00 – 19:50	Pilates
19:00 – 19:50	Power Yoga
19:00 – 19:50	Bauch Beine Po <b>O</b>
19:30 – 20:20	Hatha Yoga <b>O</b>
19:30 – 20:20	Achtsamkeitstraining <b>O</b>
20:30 – 21:00	Meditation 30 Min <b>O</b>

## Dienstag, 26.11.2024

10:15 – 11:05	Hatha Yoga
11:30 – 12:20	Faszien Yoga
12:30 – 13:20	Pilates
14:00 – 14:50	Ölmalen
14:00 – 14:50	Handweben
16:45 – 17:15	Bauch & Core X-Press
17:00 – 17:50	Comic Zeichnen
17:15 – 18:05	Wandpilates <b>O</b>
17:20 – 17:50	M.A.X.®
18:00 – 18:50	Fitness Tramp. Jumping
18:00 – 18:50	Pilates
18:00 – 18:50	Handweben
18:00 – 18:50	Stricken
19:00 – 19:50	Zeichnen und Malen
19:00 – 19:50	Yoga für den Rücken
19:10 – 20:00	Fitnessboxen
19:30 – 20:20	Face Yoga <b>O</b>
20:00 – 20:50	Saxofon

## Mittwoch, 27.11.2024

10:00 – 10:50	Face Yoga <b>O</b>
14:00 – 14:50	Nähen
17:00 – 17:50	Keyboard / E-Piano
17:00 – 17:50	Zumba
17:50 – 18:50	Tai Chi Chuan <b>O</b>
18:00 – 18:50	Gitarre
18:00 – 18:50	Fitness-Trampolin Jumping
18:00 – 18:50	STRONG Nation

**O** = Kurs findet online statt

# Programm Entdecker-Abo Altstetten

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19:00 – 19:50 [Fitness-Trampolin Jumping](#)

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19:00 – 19:50 [Fitnessboxen](#)

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19:00 – 20:15 [Qi Gong](#) **O**

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21:00 – 21:50 [Ukulele](#)

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## **Donnerstag, 28.11.2024**

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11:30 – 12:00 [Bauch & Core X-Press](#)

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12:10 – 12:40 [M.A.X.®](#)

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15:30 – 16:20 [Floristik](#)

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17:00 – 17:50 [Schwyzerörgeli](#)

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18:00 – 18:50 [Bodytoning](#)

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18:00 – 18:50 [Pilates](#)

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18:30 – 19:20 [Achtsamkeitstraining](#) **O**

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19:15 – 20:05 [Pilates](#) **O**

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## **Freitag, 29.11.2024**

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07:30 – 08:30 [Tai Chi Chuan](#) **O**

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08:10 – 09:00 [Faszien Yoga](#) **O**

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09:20 – 10:10 [Qi Gong](#)

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10:00 – 10:50 [Schmuckgestaltung](#)

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11:00 – 11:50 [Pilates](#)

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## **Samstag, 30.11.2024**

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09:00 – 09:50 [Pilates](#)

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10:00 – 10:50 [Stretch & Relax](#)

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12:30 – 13:20 [Comics zeichnen Jugendl.](#)

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