

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 -9.55 Wellfit+ Beckenboden/ Bettina	9.00 – 9.55 Pre-Kanga/ Janina	9.00 -9.55 Wellfit/Bettina		8.30 -9.25 Pilates/Sani		
10.00 – 11.00 Pump/ Sani	10.00 – 11.00 Kanga/ Janina	10.00 – 11.00 Cycling Beginner/ Leon		9.30 -10.15 Slim Step/Sani		
15.00 – 15.55 Dance Kids 3-6/ Sani		15.00 -15.55 Dance Kids 3-6/ Sani		10.30 -11.30 Pump/Sani	9.45 -10.45 Pump/ Fabienne	10.30 – 11.30 Cycling/Ralf
17.20 – 17.50 Fett weg/ Natascha	17.00 – 17.55 Pilates/Bettina	16.00 -16.55 Dance Kids 7-14/ Sani	16.40 – 17.30 Yoga/Bettina		11.00 – 12.00 Yogilates/Fabienne	11.45 – 12.45 Cycling/ Kerstin
17.00 – 17.50 Shape up/Bettina	18.00 – 19.00 Cycling/ Leon	17.00 -17.55 Dance Kids 7-14/ Sani	17.35 – 18.20 Slim Fitness/ Natascha	16.00 – 17.00 Cycling/Leon	12.00 – 13.00 Cycling/ Charlene	
18.00 – 19.00 Pump/ Helena	18.00 – 18.30 HIIT/ Nikolai	18.00 – 19.00 Cycling/Sani	18.25 – 19.25 Zumba/Tatjana	17.00 – 18.00 Pump/ Helena		
18.00 – 18.45 Beckenboden + flacher Bauch/ Natascha	18.00 – 18.50 Step/ Tatjana Fortgeschrittene	18.10 – 19.10 Pump/ Yvonne	18.25 – 19.25 Beckenboden + flacher Bauch/ Natascha			
19.10 – 20.00 Step/Natascha		19.15 – 20.00 Slim Fitness/ Helena	18.25 – 19.25 Cycling/Jochen			
19.10 – 20.10 Cycling/Ralf	19.00 – 20.00 Zumba/Tatjana		19.30 – 20.30 Tabata/ Janina			Fast alle Kurse sind für Anfänger geeignet
20.05 – 20.15 Bauch/Natascha	20.00 – 21.00 Yoga/Bettina		19.30 – 20.30 Pump/ Moni			