


Montag	Kursraum 1	Kursraum 2	Athletikhalle
9	9.00 - 9.55  Wellfit/Bettina		
10	10.00 - 10.55 Strong/Sani		
17	17.00 - 17.50  Shape up/ Bettina		
18	18.00 - 19.00  Pump/ Helena		
19	19.10 - 20.00 Step /Natascha 20.00 - 20.30 Power Yoga/ Natascha	19.00 - 19.55  cycling 10/Ralf	
Dienstag	Kursraum 1	Kursraum 2	Athletikhalle
17	17.00 - 17.55  Pilates/Bettina		
18	18.00 - 18.50  Step/ Tatjana		
19	19.00 - 20.00  Zumba/ Tatjana		
20	20.00 - 21.00 Yoga/ Bettina		
Mittwoch	Kursraum 1	Kursraum 2	Athletikhalle
9	9.00 - 9.55  Well fit/ Bettina	10.00 - 10.45  Cycling/ Natascha	
15-16	15.00 - 15.55 Dance Kids 3-5 Jahre/ Sani		
16-17	16.00 - 16.55 Dance Kids 6-10 Jahre/ Sani 17.00 - 17.55  Dance Kids 6-10 Jahre/ Sani		
18	18.10 - 19.10  pump / Yvonne	18.00 - 18.50  cycling/ Sani	
19	19.15 - 20.00  Slim Fitness/ Helena		
Donnerstag	Kursraum 1	Kursraum 2	Athletikhalle
17	17.00 - 17.55  Yoga/ Bettina		
18	18.00 - 18.45  Slim Step/ Natascha 18.50 - 19.00 Bauch/ Natascha		
19	19.10 - 20.10  Body Pump/ Moni		
20		20.00 - 20.50  cycling/ Leon	
Freitag	Kursraum 1	Kursraum 2	Athletikhalle
9	9.00 - 9.55  Pilates/Sani		
10	10.00 - 10.45  Slim-Step/Sani 10.50 - 11.00  Bauch/ Sani		
16	17.00 - 18.00  Pump/ Helena		
Samstag	Kursraum 1	Kursraum 2	Athletikhalle
10	10.30 - 11.30 Pump/ Fabienne		
Sonntag	Kursraum 1	Kursraum 2	Athletikhalle
		11.00 - 12.00  Cycling/ Ralph	

 Für Einsteiger geeignet