

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9.00 – 9.55 Beckenboden/ Sani ☺		9.00 -9.55 Wellfit/Bettina		8.45 -9.40 Pilates/Sani		
9.00 -9.55 Wellfit/Bettina		10.00 – 11.00 Cycling Beginner/ Leon		9.45 -10.30 Slim Step/Sani		
10.00 – 11.00 Pump/ Sani		15.00 -15.55 Dance Kids 3-6/ Sani		10.45 -11.45 Pump/Sani	9.45 -10.45 Pump/ Fabienne	10.30 – 11.30 Cycling/Ralf
		16.00 -16.55 Dance Kids 7-14/ Sani			11.00 – 11.30 Yogilates/Fabienne	11.45 – 12.45 Cycling/ Kerstin
17.00 – 17.50 Shape up/Bettina	17.00 – 17.55 Pilates/Bettina	17.00 -17.55 Dance Kids 7-14/ Sani	16.40 – 17.30 Yoga/Bettina	16.00 – 17.00 Cycling/Leon	10.45 – 11.45 Cycling/Charlene	
18.00 – 19.00 Pump/ Helena	18.00 – 18.30 HIIT/ Nikolai	18.00 – 19.00 Cycling/Sani	17.35 – 18.20 Slim Fitness/ Natascha	17.00 – 18.00 Les Mills Pump/ Helena		
18.00 – 18.45 Beckenboden/ Natascha	18.00 – 18.50 Step/ Tatjana Fortgeschrittene	18.10 – 19.10 Pump/ Yvonne	18.25 – 19.10 Beckenboden/ Natascha			
19.10 – 20.00 Step/Natascha	18.00 – 19.00 Cycling/ Leon	19.15 – 20.00 Slim Fitness/ Helena	19.15 – 20.15 Yogilates/ Moni			
19.10 – 20.10 Cycling/Ralf	19.00 – 20.00 Zumba/Tatjana					Fast alle Kurse sind für Anfänger geeignet
20.05 – 20.15 Bauch/Natascha	20.00 – 21.00 Yoga/Bettina					