

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8.15 -9.00 Wellfit/Bettina ☺		9.00 -9.55 Wellfit/Bettina ☺		8.30 -9.25 Pilates/Sani ☺		
9.10 -9.55 Wellfit/Bettina ☺		10.00 -10.55 Wellfit/Bettina ☺		9.30 -10.15 Slim Step/Sani ☺		
10.00 – 11.00 Les Mills Pump/ Natascha ☺		15.00 -15.55 Dance Kids 3-5/ Sani		10.30 -11.30 Les Mills Pump/Sani ☺	9.30 -10.30 Les Mills Pump/ Fabienne ☺	
		16.00 -16.55 Dance Kids 6- 10/ Sani			10.45 – 11.00 Tabata/ Fabienne ☺	11.00 – 12.00 Cycling/Ralf
		17.00 -17.55 Dance Kids 6- 10/ Sani	17.00 – 17.55 Yoga/Bettina ☺			
17.00 – 17.50 Shape up/Bettina ☺	17.00 – 17.55 Pilates/Bettina ☺			17.00 – 18.00 Les Mills Pump/ Helena ☺		
18.00 – 19.00 Les Mills Pump/ Helena ☺	18.00 – 18.50 Step Choreo/ Tatajana	18.10 – 19.10 Les Mills Pump/ Yvonne ☺	18.00 – 18.45 Slim Step/ Natascha ☺	16.00 – 19.00 Cycling/Leon		
		18.00 – 19.00 Cycling/Sani	18.45 – 19.00 Bauch/Natascha			
19.10 – 20.00 Step Choreo/ Natascha	19.00 – 20.00 Zumba/Tatjana ☺	19.15 – 20.00 Slim Fitness/ Helena ☺	19.10 – 20.10 Les Mills Pump/ Moni ☺			☺ Für Anfänger geeignet
19.10 – 20.10 Cycling/Ralf			19.00 – 19.50 Cycling/Leon			
20.00 – 20.15 Bauch/Natascha	20.00 – 21.00 Yoga/Bettina					