

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG		
	10:30-11:15 REHA-Sport	10:00-10:45 CYCLING Sandra						
16:45-17:30 YOGA KIDS 7+ Andrea			16:45-17:30 REHA-SPORT	15:15-16:00 B'S BALLETT KIDS 4+ Marina				
17:30-18:30 QI GONG Andrea			17:40-18:25 CYCLING Sibylle					
18:40-19:25 BLACKROLL MEETS YOGA Mario	18:15-19:00 CYCLING Sandra	18:30-19:30 ZUMBA Evelyn H.	18:30-19:15 HIIT Sandra/Alexa					
	19:15-20:15 KICKBOX-FITNESS Sandra		19:30-20:30 KICKBOX-FITNESS Sandra					
<b>Groupfitness Kraft</b>	<b>Groupfitness Cardio</b>	<b>Groupfitness Body&amp;Mind</b>	<b>wöchentl. Wechsel</b>	<b>Kinder- Fitness</b>	<b>REHA- Sport</b>	<b>Paartanz</b>	<b>Hiphop- Ballett-Heels</b>	<b>nur mit Einladung</b>