

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG		
09:15-10:15 RÜCKEN-FIT Babsi	09:15-10:15 PILATES Hanne		09:15-10:15 RÜCKEN-FIT Babsi	09:15-10:15 BAUCH BEINE PO Silvia		09:00-09:45 LESMILLS (im Wechsel)		
10:30-11:30 YOGA Andrea	10:30-11:30 REHA-SPORT			10:30-11:30 PILATES Silvia				
	15:00-15:45 B'S HIPHOP MINIKIDS 4-7 J. Sophie			15:00-15:45 LESMILLS BODYCOMBAT Vanessa/Daniel				
17:25-18:25 LESMILLS BODYPUMP Mario P./Janine	16:00-17:00 B'S HIPHOP KIDS 8-11 J. Sophie	17:25-18:25 LESMILLS BODYPUMP HEAVY Mario P./Janine	17:20-18:20 BODY STYLE Alexa	15:55-16:40 LESMILLS BODYPUMP Mario P./Janine				
18:35-19:30 BODY WORKOUT Kristina	17:15-18:15 CHOREO CLASS (12+) Beginner/Intermediate Dodo	18:30-19:30 POWER-PILATES Hanne	18:30-19:30 STEP AEROBIC Petra	16.50-17.35 LESMILLS BODYBALANCE Sibylle				
19:35-20:35 ZUMBA Kristina	18:30-19:30 RÜCKEN-FIT Babsi		19:35-20:35 HIPHOP ADULTS Beginner/Intermediate Sophie					
Groupfitness Kraft	Groupfitness Cardio	Groupfitness Body&Mind	wöchentl. Wechsel	Kinder- Fitness	REHA- Sport	Paartanz	Hiphop- Ballett-Heels	nur mit Einladung