

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	10:30-11:15 REHA-SPORT			10:30-11:30 PILATES Silvia		
	15:15-16:00 ZUMBA MINIKIDS 4-7 J. Nicole			15:00-15:45 LESMILLS BODYCOMBAT Vanessa/Daniel		
17:25-18:25 LESMILLS BODYPUMP Mario P./Janine	16:00-16:45 ZUMBA KIDS 8+ Nicole	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 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
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