

FITNESSKURSE SEPTEMBER - DEZEMBER 2020

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|--|--|--|---|---|--|---|
| F1 9.30–11.00 Ashtanga Vinyasa Yoga <i>Christiane</i> | F5 10.00–11.00 Pilates <i>Jelena</i> | F9 9.00–10.00 smovey TRAINING <i>Katharina W.</i> | F13 8.30–9.30 Qigong <i>Claudia</i> | F16 8.00–9.30 Hatha Yoga <i>Katharina</i> | | |
| A1 10.30–11.15 Aqua Gym <i>Helga</i> | F6 11.00–12.30 Medical Yoga <i>Michel</i> | F10 10.00–11.30 Power Yoga <i>Victor</i> | F14 10.00–11.00 Pilates <i>Jelena</i> | | S2 10.30–11.30 Fitnessboxen <i>Toni</i> | |
| A2 11.30–12.15 Aqua Gym <i>Helga</i> | A4 11.10–11.55 Aqua Fit <i>Jelena</i> | A5 10.10–10.55 Aqua Fit <i>Jelena</i> | | F17 10.00–11.00 Rückenfit & Stretching <i>Karin</i> | | F21 11.00–12.00 Power & Stretching <i>Milena</i> |
| F2 17.00–18.00 Body Work <i>Helga</i> | | | F15 17.30–19.00 Gravity Yoga <i>Victor</i> | F18 17.00–18.00 Bauch, Bein, Po <i>Milena</i> | | F22 17.00–18.30 Medical Yoga <i>Michel</i> |
| F3 18.00–19.00 Zumba <i>Petra</i> | F7 18.00–19.00 Bauch, Bein, Po <i>Petra</i> | F11 18.00–19.00 Zumba Slow <i>Petra</i> | | F19 18.00–19.00 Pilates/Faszien <i>Milena</i> | | |
| A3 18.10–18.55 Aqua Gym <i>Helga</i> | | | | | | |
| F4 19.00–20.00 Yogaflow <i>Petra</i> | F8 19.00–20.30 Hatha Yoga <i>Katharina</i> | F12 19.00–20.00 Pilates <i>Karin</i> | | F20 19.00–20.30 Yoga <i>Manuela</i> | | |
| S1a 20.00–21.00 Karate <i>Ulrich</i> | | | S1b 20.00–21.00 Karate <i>Ulrich</i> | | | |