

# FITNESSKURSE SEPTEMBER - DEZEMBER 2020

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