

FITNESSKURSE SEPTEMBER - DEZEMBER 2020

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