



FITNESSKURSE SEPTEMBER BIS DEZEMBER 2021

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		F9: 8.30-10.00 Morning Yoga <i>Marina</i>	F12: 8.30-9.30 Qigong <i>Claudia</i>		
F1: 9.30-11.00 Ashtanga Vinyasa Yoga <i>Christiane</i>	F5: 10.00-11.00 Pilates <i>Jelena</i>	A5: 10.10-10.55 Aqua Fit <i>Jelena</i>	F13: 10.00-11.00 Pilates <i>Jelena</i>	F15: 10.00-11.00 Rückenfit und Stretching <i>Karin</i>	
A1: 10.30-11.15 Aqua Gym <i>Helga</i>	F6: 11.00-12.30 Medical Yoga <i>Michel</i>			F16: 11.30-13.00 Medical Yoga <i>Michel</i>	
A2: 11.30-12.15 Aqua Gym <i>Helga</i>	A4: 11.10-11.55 Aqua Fit <i>Jelena</i>				F19: 11.30-12.30 Dance Workout <i>Milena</i>
				S2: 15.00-16.00 Kinder Karate <i>Ulrich</i>	
A3: 18.10-18.55 Aqua Gym <i>Helga</i>				S3: 16.00-17.00 KortX Gedächtnistraining <i>Verena Jura</i>	
F2: 17.00-18.00 Body Work <i>Helga</i>	S5: 17.00-18.00 Selbstverteidigung Frauen <i>Melanie</i>			F17: 17.00-18.00 Bauch Bein Po <i>Milena</i>	
F3: 18.00-19.00 Zumba <i>Petra</i>	F7: 18.00-19.00 Bauch Bein Po <i>Petra</i>	F10: 18.00-19.00 Cardio Toning & Step Class <i>Petra</i>	F14: 18.00-19.30 Holistic Yoga <i>Victor</i>	F18: 18.00-19.00 Pilates <i>Milena</i>	
F4: 19.00-20.00 Hatha Yoga <i>Julia</i>	F8: 19.00-20.00 Happy Balance <i>Petra</i>	F11: 19.00-20.30 Klang Yoga <i>Julia</i>		S4: 19.00-20.00 Fitnessboxen <i>Toni</i>	
S1a: 20.00-21.00 Karate <i>Ulrich</i>			S1b: 20.00-21.00 Karate <i>Ulrich</i>		

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