



FITNESSKURSE BIS JULI 2022

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				F22: 09.00-10.00 Intervall Fatburning <i>Anna</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 & 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>			S2: 17.00-18.00 KortX® Fitness für den Kopf für Senioren <i>Verena Jura</i>		
				S2: 15.00-16.00 Kinder Karate <i>Ulrich</i>	
F2: 17.00-18.00 Body Work <i>Helga</i>		S3: 17.00-18.00 KortX® Fitness für den Kopf <i>Verena Jura</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>	F23: 18.00-19.00 Breakletics® HIIT the Beat Workout <i>Verena</i>	F20: 17.30-18.30 Bodyweight Workout <i>Victor</i>	F18: 18.00-19.00 Faszientraining <i>Milena</i>	
A3: 18.10-18.55 Aqua Gym <i>Helga</i>	F8: 19.00-20.00 Hatha Yoga <i>Ursula</i>	F11: 19.10-20.40 Klang Yoga <i>Julia</i>	F14: 18.30-19.30 Holistic Yoga <i>Victor</i>	F21: 19.00-20.00 Yoga Nidra/Meditation <i>Marina</i>	
S1a: 20.00-21.00 Karate <i>Ulrich</i>			S1b: 20.00-21.00 Karate <i>Ulrich</i>		

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