



FITNESSKURSE 2023

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
F1: 9.30-11.00 Ashtanga Vinyasa Yoga <i>Christiane</i>		F9: 10.00-11.00 Rückenfit <i>Ursula</i>	F12: 09.00-10.00 Bodywork <i>Jelena</i>	F22: 09.00-10.00 Intervall Fatburning <i>Anna</i>		
A1: 10.30-11.15 Aqua Gym <i>Helga</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>		
A2: 11.30-12.15 Aqua Gym <i>Helga</i>	F6: 11.00-12.30 Medical Yoga <i>Michel</i>		A4: 11.10-11.55 Aqua Fit <i>Jelena</i>	F16: 11.30-13.00 Medical Yoga <i>Michel</i>	F24: 11.00-12.00 Salsation <i>Marlene</i>	
					F20: 12.00-13.00 Bauch Bein Po <i>Petra</i>	
				S2: 15.00-17.00 Kinder Karate <i>Ulrich</i>		
F2: 17.00-18.00 Body Work <i>Helga</i>				F17: 17.00-18.00 Bauch Bein Po <i>Milena</i>		F23: 17.00-18.30 Vinyasa Flow <i>Sonja</i>
F3: 18.00-19.00 Latin Dance <i>Petra</i>	F7: 18.00-19.00 Bauch Bein Po <i>Petra</i>	F10: 18.00-19.00 Breakletics® HIIT the Beat Workout <i>Verena</i>	F14: 18.00-19.30 Holistic Yoga <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 Mobility, Stretch & Relax <i>Ursula</i>	F11: 19.00-20.30 Yin Yoga <i>Sonja</i>				
S1a: 20.00-21.00 Karate <i>Ulrich</i>			S1b: 20.00-21.00 Karate <i>Ulrich</i>			

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