



FITNESSPROGRAMM IM AUGUST 2024

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|--|---|--|---|---|--|
| | | F19: 09.00-10.00 Power Pilates Milena/Karin | | F22: 09.00-10.00 Intervall Fatburning Anna | |
| A1: 10.30-11.15 Aqua Gym Helga | | F9: 10.00-11.00 Rückenfit Ursula | | F15: 10.00-11.00 Rückenfit & Stretching Karin/Anna | |
| A2: 11.30-12.15 Aqua Gym Helga | F6: 11.00-12.30 Medical Yoga Michel | | | F16: 11.30-13.00 Medical Yoga Michel/Benni | F24: 11.00-12.00 Salsation Marlene |
| | | | | | F20: 12.00-13.30 Bauch Bein Po Petra |
| F2: 17.00-18.00 Body Work Helga | | | | F17: 17.00-18.00 Bauch Bein Po Milena | |
| F3: 18.00-19.00 Salsation Marlene | A3: 18.10-18.55 Aqua Gym Helga | F7: 18.00-19.00 Bauch Bein Po Petra | F10: 18.00-19.00 Happyletics Petra | S2: 17.00-18.00 Kinder Karate Ulrich | F18: 18.00-19.00 Faszientraining Milena |
| F4: 19.00-20.00 Rückenfit Karin | F8: 19.00-20.00 Mobilität, Dehnen & Entspannen Ursula | F14: 19.00-20.00 Salsation Paulina | F11: 19.00-20.00 Yin Yoga Sonja | | |
| S1a: 20.00-21.00 Karate Ulrich | | | S1b: 18.00-19.00 Karate Ulrich | | |