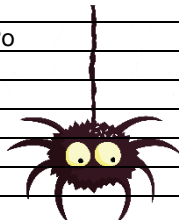




Tag	Kurs	Trainer*in	Zeit
Montag	Vital-Fit	Penelope V.	09:00 - 09:55
	FunTone®	Penelope V.	10:00 - 10:55
	Pilates	Ursina B.	12:15 - 13:10
	Bodytoning	Bernadette L.	17:30 - 18:25
	Pilates	Bernadette L.	18:30 - 19:25
	ZUMBA®	Sabrina L.	19:30 - 20:25
Dienstag	Bauch, Beine, Po	Maria V.	09:00 - 09:55
	Yoga	Armanda F.	10:00 - 10:55
	BODYPUMP®	Janet S.	12:00 - 12:55
	CORE®	Janet S.	18:00 - 18:40
	BODYPUMP®	Janet S.	18:45 - 19:40
	Stretching	Janet S.	19:45 - 20:10
Mittwoch	BODYPUMP®	Barbara H.	09:00 - 09:55
	CORE®	Barbara H.	10:00 - 10:45
	Power Yoga	Ausra G.	12:15 - 13:10
	Bodytoning	Bernadette L.	18:00 - 18:55
	Stretching	Bernadette L.	19:00 - 19:55
	Donnerstag	CORE®	Barbara H.
Yoga		Maria Z.	10:00 - 10:55
ZUMBA®		Pedro G.	12:15 - 13:10
Yoga		Milena C.	17:45 - 18:55
BODYPUMP®		Doris H.	19:00 - 19:55
Freitag		Best of BODYPUMP®	Sara G.
	Pilates meets Classics	Ursina B.	10:05 - 11:00
	Yoga meets Pilates	Milena C.	12:00 - 13:10
Samstag	BODYPUMP® Special in red!	Manu B.	09:30 - 10:25
	CORE® intense	Manu B.	10:30 - 10:55
	Old School ZUMBA®	Sabrina L.	12:00 - 12:55
Sonntag	M.A.X.® Special	Simone K.	09:30 - 09:55
	BODYPUMP® Best ever	Simone K.	10:00 - 10:55



Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

Montag bis Freitag:	08:45 - 11:30
Samstag:	09:15 - 11:45

Aktuelles Kursprogramm online

