

Montag 16.09.19	Kurs	Instruktor
09:00 – 09:55	Move on	Annette
10:00 – 10:30	Bauch Beine Po	Annette
17:00 – 17:55	gesunder Rücken	Kathrin
18:00 – 19:00	Body Pump	Christa
19:00 – 20:00	Body Step	Claudia
Dienstag 17.09.19	Kurs	Instruktor
09:15 – 10:10	Fun Tone <i>Intensity</i>	Petra
10:15 – 11:10	Pilates	Petra
18:00 – 18:55	ZUMBA	Andrea
19:00 – 19:55	gesunder Rücken	Kathrin
Mittwoch 18.09.19	Kurs	Instruktor
08:30 – 09:30	Body Step	Bettina
09:35 – 10:35	Body Pump	Brigitte
11:00 – 12:10	Feldenkrais-Methode	Brigitte B.
12:15 – 13:15	Body Pump	Tanja
18:30 – 19:00	CX WORX	Claudia
19:00 – 20:00	Body Step	Claudia
Donnerstag 19.09.19	Kurs	Instruktor
09:00 – 09:55	ZUMBA	Luana
18:00 – 19:00	Pilates	Christa
19:00 – 20:00	Body Pump	Christa
20:15 – 21:10	YOGA	Christa
Freitag 20.09.19	Kurs	Instruktor
08:35 – 09:25	AROHA	Désirée
09:30 – 10:45	Body Pump Core	Claudia
12:15 – 12:45	Bauchtraining	Team
18:30 – 19:45	Body Pump Core	Claudia
Samstag 21.09.19	Kurs	Instruktor
SUPER <i>saturday</i>		
09:00 – 10:00	Body Step	Claudia
10:00 – 11:00	Body Pump Core	Claudia