

*Bitte immer um An-/Abmeldung! Viel Spass!*

<b>Montag 16.05.22</b>	<b>Kurs</b>	<b>Instruktor</b>
09:00 – 09:55	Move on	Manuela
10:00 – 10:30	Bauch Beine Po	Manuela
16:55 – 17:50	Rückengymnastik	Karina
18:00 – 19:00	Body Pump	Tanja
19:10 – 19:55	Body Step <b>45'</b>	Claudia
<b>Dienstag 17.05.22</b>	<b>Kurs</b>	<b>Instruktor</b>
08:30 – 09:30	YOGA	<b>Brigitte S.</b>
09:40 – 10:35	Pilates	<b>Brigitte S.</b>
18:15 – 19:10	ZUMBA	Andrea
<b>Mittwoch 18.05.22</b>	<b>Kurs</b>	<b>Instruktor</b>
08:30 – 09:30	Body Step	Bettina
09:45 – 10:45	Body Pump	<b>Regula</b>
11:00 – 11:50	Rückengymnastik	Annemarie
17:30 – 18:15	Body Pump <b>45'</b>	Bettina/Maja
18:20 – 18:50	Les Mills CORE	Claudia
19:00 – 20:00	Body Step	Claudia
<b>Donnerstag 19.05.22</b>	<b>Kurs</b>	<b>Instruktor</b>
08:15 – 09:15	Faszientraining	Carmen
09:30 – 10:25	Zumba	Luana
18:00 – 18:50	Pilates	<b>Brigitte S.</b>
19:00 – 20:00	YOGA	<b>Brigitte S.</b>
<b>Freitag 20.05.22</b>	<b>Kurs</b>	<b>Instruktor</b>
08:30 – 09:25	ANTARA	Jeannette
09:45 – 10:30	Body Pump <b>45'</b>	Maja
10:35 – 11:05	Les Mills CORE	Maja
12:15 – 12:45	Bauchtraining	Team
17:15 – 18:10	ZUMBA	Karin
18:30 – 19:45	Body Pump CORE	Claudia
<b>Samstag 21.05.22</b>	<b>Kurs</b>	<b>Instruktor</b>
09:00 – 10:00	<b>Body Step</b>	Claudia
10:15 – 11:15	<b>Body Pump Express &amp; Core</b>	Claudia