


Bitte immer um An-/Abmeldung! Viel Spass!

| Montag | 17.04.2023 | Kurs | Instruktor |
|---------------|------------|---|--------------------|
| 09:00 – 09:55 | | DANCE FIT | Karin |
| 10:00 – 10:30 | | Bauch Beine Po | Karin |
| 16:55 – 17:50 | | Rückengymnastik | Karina |
| 18:00 – 19:00 | | Body Pump | Bettina |
| 19:10 – 19:55 | | Body Step 45' | Claudia |
| Dienstag | 18.04.2023 | Kurs | Instruktor |
| 08:30 – 09:30 | | YOGA | Brigitte S. |
| 09:40 – 10:35 | | Pilates | Brigitte S. |
| 18:15 – 19:10 | | ZUMBA | Andrea |
| 19:15 – 19:55 | | M.A.X.® NEU | Regula |
| Mittwoch | 19.04.2023 | Kurs | Instruktor |
| 08:30 – 09:30 | | Body Step | Bettina |
| 09:45 – 10:45 | | Body Pump | Bianca |
| 11:00 – 11:50 | | Rückengymnastik | Regula |
| 17:30 – 18:15 | | Body Pump 45' | Maja |
| 18:20 – 18:50 | | CORE | Claudia |
| 19:00 – 20:00 | | Body Step | Claudia |
| Donnerstag | 20.04.2023 | Kurs | Instruktor |
| 08:15 – 09:15 | | Faszientraining | Carmen |
| 09:30 – 10:25 | | SALSATION® | Luana |
| 18:00 – 18:50 | | Pilates | Christa H. |
| 19:00 – 20:00 | | YOGA | Christa H. |
| Freitag | 21.04.2023 | Kurs | Instruktor |
| 08:30 – 09:25 | | ANTARA | Jeannette |
| 09:45 – 10:30 | | Body Pump | Maja |
| 10:35 – 11:05 | | CORE | Maja |
| 12:15 – 12:45 | | Bauch | Team |
| 17:15 – 18:10 | | ZUMBA | Karin |
| 18:30 – 19:45 | | Body Pump & BAUCH | Regula |
| Samstag | 22.04.2023 | Kurs | Instruktor |
| 09:00 – 10:00 | | STRONG Nation  | Karin |
| 10:15 – 11:15 | | Body Pump | Esther |