

FITNESS/SOLOMOVES



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
10:00					10:00 Jumping	09:45 Dance-Fitness NEW	
11:00							11:00 Zumba/ Kapow
12:00		12:00 Pilates					12:00 Linedance (Improver)
13:00							13:00 Couple Linedance NEW
17:00					17:00 Faszien- Yoga		
18:00	18:00 Linedance (Beginner)	18:00 Linedance (Improver)	18:15 Pilates	18:00 Yoga	18:00 Rücken- Fit		
18:15	18:15 Jumping						
19:00	19:15 Faszien- Yoga	19:00 Linedance (Intermediate)	19:15 Pilates	19:00 Zumba			
20:00		20:00 Linedance (Pro)	20:15 Latin Solo Dance				

gültig ab 01.01.2026