

FITNESS-PLAN

gültig ab 8.4.2024



	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
9:30		9:30 MamiFit				
10:00					10:00 Jumping	
11:00		10:30 Zumba Gold				11:00 Zumba
12:00		11:30 Pilates				
17:00	17:00 Faszien-Yoga				17:00 Faszien-Yoga	
18:00	18:15 Zumba	18:00 Linedance Anfänger		18:00 Rücken-Fit		
19:00	18:15 Yoga	19:00 Burlesque Club	19:00 Linedance	18:10 Jumping		
20:00			19:15 Pilates			19:15 Jumping
			20:15 Latin Solo Dance			