

gültig ab 01.02.2025

FITNESS/SOLOMOVES

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG		FREITAG	SONNTAG
9:00						9:00 Yoga	
10:00						10:00 Jumping	
11:00							11:00 Zumba
12:00		12:00 Pilates					12:00 Linedance (Improver)
13:00							13:00 Linedance (Beginner)
17:00		17:00 Yoga				17:00 Faszien-Yoga	
18:00	18:15 Zumba	18:00 Linedance (Improver)	18:15 Zumba	18:00 Rücken-Fit	18:00 Tabata		
19:00	19:15 Faszien-Yoga	19:00 Linedance (Advanced)	19:15 Pilates				19:15 Jumping
20:00		19:00 Linedance (Pro)	20:15 Latin Solo Dance				