

gültig ab 01.05.2025

# FITNESS/SOLOMOVES

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
9:00			09:15 Mami-Fit			
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 Strong by Zumba	18:00 Linedance (Improver)	18:15 Zumba	18:15 Pilates	18:00 Rücken-Fit	18:00 Tabata
19:00	19:15 Faszien-Yoga	19:15 Yoga	19:00 Linedance (Intermediate)			
20:00		19:00 Linedance (Pro)	19:15 Pilates			19:15 Jumping
			20:15 Latin Solo Dance			