

FITNESS-PLAN

gültig ab 01.11.2023



	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			18:00 Linedance Anfänger	18:00 Zumba	18:15 Zumba	18:00 Rücken-Fit	18:10 Jumping			
19:00	18:15 Zumba	18:15 Yoga	19:00 Burlesque Club	19:00 Linedance	19:15 Pilates				19:15 Jumping	19:00 Burlesque
20:00				20:00 Jumping						