

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
09:15 Fit Mix Marina	09:15 Frauen Vital ab 60 Miriam	09:15 Frauen Vital ab 70 Karen	09:15 Fitness Move Claudia	09:15 Energy Dance Elisabeth	16:00 Hatha Yoga Nicole
10:15 Pilates. Claudia	10:15 Frauen Vital ab 50 Claudia	10:15 Faszienflow Karen	10:15 Pilates Claudia	10:15 Rücken-Faszienyoga Elisabeth	
11:15 4D Bungee Pilates Claudia	11:15 4D Bungee Pilates Claudia		11:15 4D Bungee Pilates Claudia		
	15:30 4D Bungee Pilates Claudia				Sonntag
17:30 Pilates cole	Ni- 16:30 Faszilates Claudia		17:30 Hatha Yoga Nicole	17:00 bodyART Andrea	12:00 Yoga Johanna
18:30 Step 2-3 Katharina	18:00 bodyART Andrea	18:30 Rückenfitness Elisabeth	18:30 Pilates Nicole		
19:30 BBP Espresso Katharina	19:00 Energy Dance/Rücken Sabine	19:30 Energy Dance Elisabeth	19:30 Yoga Amke		
		20:30 Step Basic Katharina			