

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	
10:00	10:00 - 11:00 Rückenfit 50+ <i>Petra</i>		10:00 - 11:00 Seniorentraining <i>Petra</i>	10:00 - 11:00 Bodywork 50+ <i>Andrea</i>		
11:00						
14:00						
15:00						
16:00						
17:00	17:00 - 18:00 Bodywork 50+ !Anmeldung! <i>Petra</i>	17:00 - 18:00 Zumba Gold® <i>Andrea</i>				
17:30						
17:50						
18:00						
18:15	18:15 – 19:15 Tabata <i>Jasi/Johanna</i>		18:15 – 19:15 Strong Nation® <i>Jasi/Johanna</i>			
18:30						
19:00						
19:15						
19:30	19:30 – 20:30 Zumba Fitness® <i>Andrea</i>	19:30 – 20:30 HIIT <i>Johanna/Andrea</i>	19:30 – 20:30 YOGA <i>Mariella</i>	19:30 – 20:30 deepWORK® <i>Andrea</i>		
20:00						
20:15						
20:30						