

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	
10:00	10:00 – 11:00 Rückenfit Saal <i>Nicole</i>			10:00 – 11:00 Bodywork 50+ Saal + ZOOM <i>Andrea</i>		
10:30						
11:00						
14:00						
14:30						
14:50						
15:00				<p>SOMMERPLAN 2020</p> 		
15:30						
15:50						
16:00						
16:30		16:30 – 17:30 Zumba Gold® 50+ Saal + ZOOM <i>Andrea</i>				
16:50						
17:00						
17:30						
17:50						
18:00		18:00 – 19:00 Zumba Fitness® Saal + ZOOM <i>Andrea</i>	18:15 – 19:15 YOGA Saal + ZOOM <i>Regina</i>			
18:15	18:15 – 19:15 Tabata Saal + ZOOM <i>Astrid</i>					
18:30						
19:00						
19:15						
19:30	19:30 – 20:30 Zumba Fitness® Saal + ZOOM <i>Johanna</i>	19:30 – 20:30 Tabata Saal + ZOOM <i>Astrid</i>	19:30 – 20:30 STRONG Nation® Saal + ZOOM <i>Jasi</i>	19:30 – 20:30 deepWORK® Saal + ZOOM <i>Andrea</i>		
20:00						
20:15						
20:30						