

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08:45	08:45 - 09:45 Stretching <i>Petra</i>				
09:45					
10:00	10:00 - 11:00 Seniorenttraining <i>Petra</i>			10:00 - 11:00 Bodywork 50+ <i>Andrea</i>	
11:00					
12:00					
			 Herbst 2025		
15:00					
16:00					
17:00	17:00 - 18:00 Bodywork 50+ <i>Petra</i>	17:00 - 18:00 ZUMBA® Gold <i>Andrea</i>			
18:00				18:00 – 19:00 Pilates	
18:15	18:15 – 19:15 Tabata		18:15 – 19:15 Mobility & Stretching	<i>Andy</i>	
18:30	<i>Astrid</i>		<i>Jasi</i>		
19:00				19:00 – 20:00 deepWORK®	
19:15				<i>Andrea</i>	
19:30	19:30 – 20:30 ZUMBA® Fitness	19:30 – 20:30 HIIT	19:30 – 20:30 YOGA ! Anmeldung !		
20:00	<i>Astrid</i>	<i>Johanna/Andrea</i>	<i>Mariella</i>		
20:15					
20:30					