

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00	10:00 – 11:00 Rückenfit			10:00 – 11:00 Bodywork 50+			
10:30	<i>Nicole</i>			<i>Andrea</i>		10:45 – 12:45 Krav Maga 6 Wochen Seminar 120,- € Anmeldung! Start: 19.10. <i>Helmut</i>	
11:00							
11:30							
14:00		14:00 – 14:50 Zumba Kids® VS Erlaa					
14:30		<i>Astrid</i>					
14:50							
15:00		15:00 – 15:50 Zumba Kids® VS Erlaa					
15:30		<i>Astrid</i>					
15:50							
16:00	16:00 – 16:50 Zumba Kids® VS Vösendorf		16:00 – 16:50 Zumba Kids® VS Gramatneusiedl				
16:30	<i>Andrea</i>	16:30 – 17:30 Zumba Gold® 50+	<i>Andrea</i>				
16:50		<i>Andrea</i>					
17:00	17:00 – 18:00 Kinder Karate VS Vösendorf						
17:30	<i>Goju Kan</i>						
17:50							
18:00		18:00 – 19:00 Zumba Fitness®		18:00 – 19:00 Zumba Fitness®	18:00 – 19:00 Zumba Fitness®		18:00 – 19:30 Yoga Basic 6 Wochen Kurs 81,- € Anmeldung! Start: 15.9. <i>Regina</i>
18:15	18:15 – 19:15 Tabata	<i>Andrea</i>	18:15 – 19:15 YOGA	<i>Astrid</i>	<i>Astrid</i>		
18:30	<i>Astrid</i>		<i>Regina</i>				
19:00							
19:15							
19:30	19:30 – 20:30 Zumba Fitness®	19:30 – 20:30 deepWORK®	19:30 – 20:30 STRONG by Zumba®	19:30 – 20:30 deepWORK®			
20:00	<i>Andrea</i>	<i>Stefanie</i>	<i>Jasi</i>	<i>Andrea</i>			
20:15							
20:30							

