

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
10:00	10:00 - 11:00 Rückenfit 50+ <i>Petra</i>		10:00 - 11:00 Seniorenttraining <i>Petra</i>	10:00 - 11:00 Bodywork 50+ <i>Andrea</i>	
11:00					
14:00					
15:00		bodyfit VÖSENDORF SPORTVEREIN Sommer 2025			
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>Astrid</i>		18:15 – 19:15 Strong Nation® <i>Jasi/Johanna</i>		
18:30					
19:00					19:00 – 20:00 deepWORK® <i>Andrea</i>
19:15					
19:30	19:30 – 20:30 Zumba Fitness® <i>Astrid</i>	19:30 – 20:30 HIIT <i>Johanna/Andrea</i>	19:30 – 20:30 YOGA ! Anmeldung ! <i>Mariella</i>		
20:00					
20:15					
20:30					