

Mai

2023

Fitness - Kursplan



MONATSANSICHT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Tag der Arbeit 1 10:00-11:00 European Aerobic	2 18:00-19:00 SALSATION®	3 18:30-19:30 Zumba® Fitness	4 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	5 17:00-18:00 European Power Strech 18:45-19:45 Qigong	6 09:30-10:30 Total body Workout	7
8 17:15-18:15 Yoga 18:30-19:30 European Aerobic	9 18:00-19:00 SALSATION®	10 18:30-19:30 Zumba® Fitness	11 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	12 18:45-19:45 Qigong	13 09:30-10:30 Total body workout	14
15 18:15-18:15 Yoga 18:30-19:30 European Aerobic	16 18:00-19:00 SALSATION®	17 18:30-19:30 Zumba® Fitness	18 Christi Himmelfahrt	19 17:00-18:00 European Power Strech 18:45-19:45 Qigong	20 09:30-10:30 Total body Workout	21
22 17:15-18:15 Yoga 18:30-19:30 European Aerobic	23 18:00-19:00 SALSATION®	24 18:30-19:30 Zumba® Fitness	25 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	26 18:45-19:45 Qigong	27 09:30-10:30 Total body workout	28
29 Pfingstmontag	30 18:00-19:00 SALSATION®	31 18:30-19:30 Zumba® Fitness				