

April

2024

Fitness - Kursplan



MONATSANSICHT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Ostermontag  1 10:00-11:00 European Aerobic	2 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	3 18:25-19:25 Zumba® Fitness	4 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	5 18:45-19:45 Qigong	6 10:00-11:00 Body workout	7
8 17:15-18:15 Yoga 18:30-19:30 European Aerobic	9 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	10 18:25-19:25 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 Body workout	14
15 17:15-18:15 Yoga 18:30-19:30 European Aerobic	16 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	17 18:25-19:25 Zumba® Fitness	18 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	19 18:45-19:45 Qigong	20 09:30-10:30 Body workout (Bauch) 10:30-11:30 European Step	21
22 17:15-18:15 Yoga 18:30-19:30 European Aerobic	23 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	24 18:25-19:25 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 Body workout	28
29 17:15-18:15 Yoga 18:30-19:30 European Aerobic	30 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®					