

Fitness - Kursplan

März

2020

MONATSANSICHT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
						1
2 17:30-18:30 Yoga 18:35-19:35 European Aerobic 19:45-20:45 SALSATION®	3	4 18:30-19:30 Zumba® Fitness	5 18:30-19:30 EMP 19:45-20:45 Zumba® Gold	6 18:45-19:45 Qigong	7 SPECIAL 10:00-11:00 EMP Leg day 	8
9 17:30-18:30 Yoga 18:35-19:35 European Aerobic 19:45-20:45 SALSATION®	10	11 18:30-19:30 Zumba® Fitness	12 18:30-19:30 EMP 19:45-20:45 Zumba® Gold	13 18:45-19:45 Qigong	14 10:00-11:00 EMP	15
16 17:30-18:30 Yoga 18:35-19:35 European Aerobic 19:45-20:45 SALSATION®	17	18 18:30-19:30 Zumba® Fitness	19 18:30-19:30 EMP 19:45-20:45 Zumba® Gold	20 18:45-19:45 Qigong	21 SPECIAL 10:00-11:30 EMP meets Aerobic	22
23 17:30-18:30 Yoga 18:35-19:35 European Aerobic 19:45-20:45 SALSATION®	24	25 18:30-19:30 Zumba® Fitness	26 18:30-19:30 EMP 19:45-20:45 Zumba® Gold	27 18:45-19:45 Qigong	28 10:00-11:00 EMP	29
30 17:30-18:30 Yoga 18:35-19:35 European Aerobic 19:45-20:45 SALSATION®	31					