

August

2022

Fitness - Kursplan



MONATSANSICHT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
1 17:15-18:15 Yoga 18:30-19:30 European Aerobic	2 18:00-19:00 SALSATION®	3 18:30-19:30 Zumba® Fitness	4 16:00-17:00 Zumba® Gold 18:00-19:00 EMP 19:00-20:00 Power Stretch	5 18:45-19:45 Qigong	6 10:00-11:00 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 10:00-11:00 Total body workout	14
15 17:15-18:15 Yoga 18:30-19:30 European Aerobic	16 18:00-19:00 SALSATION®	17 18:30-19:30 Zumba® Fitness	18 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	19 18:45-19:45 Qigong	20 10:00-11:00 European Step	21
22 17:15-18:15 Yoga 18:00-19:00 EMP 19:00-20:00 European	23 18:00-19:00 SALSATION®	24 18:30-19:30 Zumba® Fitness (Vertretung)	25 16:00-17:00 Zumba® Gold 18:30-19:30 European Power Stretch	26 18:45-19:45 Qigong	27 10:00-11:00 EMP Master	28
29 17:15-18:15 Yoga 18:30-19:30 European Aerobic	30 18:00-19:00 SALSATION®	31 18:30-19:30 Zumba® Fitness				