

Mai

2024

Fitness - Kursplan



MONATSANSICHT

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