

Fitness - Kursplan



MONATSANSICHT						
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		1 18:25-19:25 Zumba® Fitness	2 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	3 18:45-19:45 Qigong	4 09:30-10:30 Rücken/Bauch mit Power Stretch	5
6 17:15-18:15 Yoga 18:30-19:30 European Aerobic/Step	7 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	8 18:25-19:25 Zumba® Fitness	9 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	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/Step	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 Deepwork	19
20 17:15-18:15 Yoga 18:30-19:30 European Aerobic/Step	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 09:30-10:30 European Tae Bo	26
27 17:15-18:15 Yoga 18:30-19:30 European Aerobic/Step	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		