November	2026

Fitness - Kursplan

MONATSANSICHT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
						1
2 17:15-18:15 Yoga 18:30-19:30 Step/Body Workout/EMP	3 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	4 18:25-19:25 Zumba® Fitness	5 16:00-17:00 Zumba® Gold 18:30-19:30 Step/Body Workout/EMP	6 ~~18:45-19:45~~ ~~Qigong~~	7 10:00 - 11:00 Body Workout	8
9 17:15-18:15 Yoga 18:30-19:30 Body Workout/Tabata	10 17:15-18:15 Zumba® Gold ~~18:15-19:15~~ ~~SALSATION®~~	11 18:25-19:25 Zumba® Fitness	12 16:00-17:00 Zumba® Gold 18:30-19:30 Step/Body Workout/EMP	13 18:45-19:45 Qigong	14 09:30-10:30 Intervalltraining	15
16 17:15-18:15 Yoga 18:30-19:30 Step/Body Workout/EMP	17 17:15-18:15 Zumba® Gold ~~18:15-19:15~~ ~~SALSATION®~~	18 18:25-19:25 Zumba® Fitness	19 16:00-17:00 Zumba® Gold 18:30-19:30 Step/Body Workout/EMP	20 18:45-19:45 Qigong	21 09:30-10:30 Deepwork	22
23 17:15-18:15 Yoga 18:30-19:30 European Aerobic	24 17:15-18:15 Zumba® Gold ~~18:15-19:15~~ ~~SALSATION®~~	25 18:25-19:25 Zumba® Fitness	26 16:00-17:00 Zumba® Gold 18:30-19:30 Step/Body Workout/EMP	27 ~~18:45-19:45~~ ~~Qigong~~	28 09:30-10:30 Spin Gym mit Bauch	29
30 17:15-18:15 Yoga 18:30-19:30 Step/Body Workout/EMP		Montags und Donnerstags:Step/Body Workout/EMP - immer laut vorheriger Abfrage im WhatsApp Chat				