

	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Di 1.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 2.				Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 3.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)		Do
Fr 4.	Pilates (X) Fernanda			BBP (2) Thuy	Rückenfitness (X) Thuy			Fr
Sa 5.								Sa
So 6.		12:00 Pilates (X) Fernanda						So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 7.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda		Bodystyl.(2) Kathleen	Spinning (3)	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 8.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 9.	Rückenmobi (X) Sylvia			Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 10.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 11.	Pilates(X) Fernanda			BBP (2) Lisa-Marie	Rückenfitness (X) Claudia			Fr
Sa 12.								Sa
So 13.		12:00Yoga (X) Nicole						So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 14.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda			Spinning (3)	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 15.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 16.				Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 17.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 18.	9:00 Pilates(X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Claudia			Fr
Sa 19.								Sa
So 20.		12:00 Pilates (X) Fernanda						So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 21.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda			Spinning (3)	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 22.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 23.	Rückenmobi (X) Sylvia			Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 24.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 25.	9:00 Pilates(X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Sylvia			Fr
Sa 26.								Sa
So 27.		12:00 Zumba (X) Thuy						So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 28.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda			Spinning (3)	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 29.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 30.	Rückenmobi (X) Sylvia			Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 31.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do