

Einsteiger (1) - Fortgeschrittene (2) - Könnner (3) - Alle (X)

Februar-Plan 2018

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