

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