

	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Do 1.					M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 2.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Thuy	Rückenfitness (X) Thuy			Fr
Sa 3.								Sa
So 4.	Pfingstsonntag geschlossen							So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 5.	Pfingstmontag 10 - 15 Uhr							Mo
Di 6.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 7.	Rückenmobi (X) Sylvia	10:30h Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 8.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 9.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Silke			Fr
Sa 10.								Sa
So 11.	(9 - 13 Trainingsfläche geöffnet) Geburtstagsparty 20 Jahre femme vitale 14 - 18 Uhr							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	Workoutside (2) Annika	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 13.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Lisa-Marie	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 14.		10:30 Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) N.N.	Pilates (X) Fernanda	Mi
Do 15.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 16.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Lisa-Marie			Fr
Sa 17.								Sa
So 18.	12 Yoga (X) Nicole							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	Workoutside (2) Annika	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 20.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Lisa-Marie	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 21.	Rückenmobi (X) Sylvia	10:30 Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Kathleen	Bodystyl. (2) Kathleen	Pilates (X) Fernanda	Mi
Do 22.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)		Do
Fr 23.	9 Pilates (X) Fernanda	Pilates (X) Fernanda			Rückenfitness (X) Claudia			Fr
Sa 24.								Sa
So 25.	12 Pilates (X) Fernanda							So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 26.		10:30 Pilates (X) Fernanda		Bodystyl.(2) Kathleen		Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 27.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) N.N.	Spinning (3)			Di
Mi 28.		10:30 Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Kathleen	Bodystyl. (2) Kathleen	Pilates (X) Fernanda	Mi
Do 29.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 30.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Silke			Fr