

Tage	Kursraum 1			Kursraum 2		
Montag	10.00 – 11.00 h	Bodystyling	Nancy	18.00 – 19.00 h	Lift	Esther
	15.00 – 16.00 h	WSD fit 'n' fun – Kids I	Andrea	19.10 – 20.10 h	Indoor Cycling	Günter
	16.15 – 17.15 h	WSD fit 'n' fun – Kids II	Andrea	20.30 – 21.30 h	Power Lift	Thorsten K.
	17.30 – 18.00 h	BMW (<i>Bauch muss weg</i>)	Nadine P.			
	18.00 – 19.00 h	F.B.I. (<i>Full Body Intervall</i>)	Nadine P.			
	19.10 – 20.10 h	Sommer-Fit	Silke			
	20.15 – 21.15 h	WS-Gymnastik	Silke			
Dienstag	10.00 – 11.00 h	WS-Gymnastik	Anja	17.30 – 18.30 h	WS-Gymnastik	Anja
	11.20 – 12.20 h	Zumba-Fitness	Yvonne D.	18.45 – 19.45 h	Bodystyling	Carola
	15.00 – 16.00 h	WSD fit 'n' fun – Kids I	Andrea	20.00 – 21.00 h	Indoor Cycling	Stavro
	16.15 – 17.15 h	WSD fit 'n' fun – Kids II	Andrea			
	17.45 – 18.45 h	Step	Carola			
	19.00 – 20.00 h	Zumba-Fitness	Esther			
	20.10 – 21.00 h	Fitness Yoga	Esther			
Mittwoch	10.00 – 11.00 h	WS-Gymnastik	Candida	11.15 – 12.15 h	Indoor Cycling	Candida
	11.00 – 12.00 h	Strech + Relax	Stefi	18.00 – 19.00 h	Lift	Markus W.
	16.00 – 16.45 h	WSD fit 'n' fun – Teens	Andrea	19.15 – 20.15 h	Indoor Cycling	Markus W.
	18.00 – 19.00 h	Pilates	Silke	20.15 – 21.45 h	Krav Maga ¹	
	19.15 – 20.15 h	European Tae-Bo	Ute P.			
	20.00 – 21.00 h	Zumba Fitness	Yvonne D.			
Donnerstag	10.00 – 11.00 h	Pilates	Nancy	18.00 – 19.00 h	WS-Gymnastik	Yvonne B.
	18.00 – 19.00 h	Step	Esther	19.10 – 20.10 h	Ski-Gymnastik	Stefi
	19.15 – 20.10 h	Bodystyling	Esther	20.15 – 21.15 h	Power Lift	Thorsten K.
	20.15 – 21.15 h	Strech + Relax	Stefi			
Freitag	10.00 – 11.00 h	Fitness Yoga	Esther	17.00 – 18.00 h	Lift	Ela
	17.30 – 18.30 h	Zumba Fitness	Yvonne D.	18.15 – 19.15 h	Indoor Cycling	Rexi + Thorsten H.
	18.45 – 20.15 h	Krav Maga ¹				
Samstag	11.00 – 12.00 h	Core Training	Nancy			
	12.15 – 13.15 h	Zumba Fitness	Yvonne D.			
Sonntag	11.00 – 12.00 h	F.B.I.	Ela			
	12.10 – 13.10 h	Pilates	Ela			

¹ externer Kurs

Alle Angaben ohne Gewähr

Wir bitten um pünktliches Erscheinen, sonst ist die Teilnahme nicht möglich!