

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00 - 10:00 Vital & Fit Studio I ° Bettina	9:30 - 10:30 Fatburner-Workout Studio I ° Susan	9:00 - 10:00 INJOY-Rückenprogramm Studio I ° Bettina		9:00 - 9:30 Faszientraining Studio I ° Susan	10:30 - 11:30 BauchBeinePo Studio I ° Gudrun	
10:00 - 11:00 Fatburner-Workout Studio I ° Susan	10:30 - 11:30 Pilates Studio I ° Susan	10:00 - 10:30 Blackroll-Faszientraining Studio I ° Bettina		9:30 - 10:15 ZUMBA © Studio I ° Susan	11:30 - 12:30 Dance Studio I ° Gudrun	
		10:30 - 11:00 Bauch Studio I ° Bettina	11:00 - 12:00 Yoga Studio I ° Marc	10:15 - 11:15 Bodystyling Studio I ° Susan		11:30 - 13:00 Workout Studio I ° Bärbel
				10:00 - 11:00 Aquagymnastik* im Maritim ° Petra		
					an jedem 1. Samstag im Monat	
17:00 - 18:00 ZUMBA © Studio I ° Juliana	NEU 17:00 - 18:00 Fatburner-Workout Studio I ° Dominique	17:00 - 18:00 Step I Studio I ° Dominik			15:00 - 16:00 Dance Studio I ° Susan	
17:30 - 18:00 Bauch Studio II ° Svenja	17:30 - 18:00 Jump-Fit-Workout* Jump Club ° Christopher	17:00 - 18:00 Aquagymnastik* im Maritim ° Bettina	17:00 - 18:00 Fatburner Studio I ° Gosia			
18:00 - 19:00 Pump-Attack Studio II ° Juliana	NEU 18:00 - 19:00 Step For Everybody Studio I ° Dominique	NEU 17:15 - 17:45 ZUMBA Basic © Studio III ° Susan	18:00 - 19:00 Fatburner-Cycling* Studio III ° Monika	16:00 - 17:00 ZUMBA © Studio I ° Juliana/Thomas		
18:00 - 19:00 Intervall-Fatburner Studio I ° Svenja	18:00 - 19:00 Fatburner-Cycling* Studio III ° Andy	18:00 - 19:00 BauchBeinePo Studio II ° Dominik	18:00 - 19:00 Pilates Studio I ° Bettina	17:00 - 18:00 Fatburner-Workout Studio I ° Gudrun		
19:00 - 20:00 Bodystyling Studio I ° Juliana	19:00 - 19:30 CrossWork* Functional-Area ° Maurice	18:00 - 19:00 ZUMBA © Studio I ° Susan	19:00 - 19:30 CrossWork* Functional-Area ° Christopher	18:00 - 19:00 Step II Studio I ° Gudrun		*wegen begrenzter Teilnehmerzahl ist eine Anmeldung erforderlich
19:00 - 20:00 Yogilates Studio II ° Susan	19:00 - 20:30 Rückenfit & Stretching Studio I ° Bärbel	19:00 - 19:30 Bauch Studio II ° Susan		18:00 - 19:00 Boxconditioning Studio II ° Sascha		Die Kurse finden ab 4 Teilnehmern statt
20:00 - 20:30 Faszientraining Studio II ° Susan		19:30 - 20:00 Pump-Attack Studio II ° Susan				Änderungen vorbehalten!
		19:00 - 20:00 Bauch & Rückenworkout Studio I ° Bärbel				
		20:00 - 21:00 Yoga Studio I ° Susan				