

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00 – 9:45 Vital & Fit Studio 1, Bettina	9:30 – 10:15 Bodystyling Studio 1, Susan	9:00 – 9:45 Rückengymnastik Studio 1, Bettina	9:00 – 10:00 Yoga „Entspannt in den Tag“ Studio 1, Susan	9:00 – 9:30 Faszientraining Studio 2, Susan	10:30 – 11:30 BauchBeinePo Studio 1, Gudrun	
<b>NEU!</b> 09:00 – 09:45 CrossWork Functional-Area, Mati	10:30 – 11:30 Pilates Studio 1, Susan	<b>NEU!</b> 10:00 – 10:30 Bauch Studio 1, Bettina	<b>NEU!</b> 10:00 – 10:30 FIVE-Arthrose FIVE-Area, Gordon	9:30 – 10:15 ZUMBA© Studio 1, Susan	11:30 – 12:30 Dance Studio 2, Gudrun	
10:00 – 11:00 Bodystyling Studio 1, Susan		<b>NEU!</b> 10:30 – 11:00 Faszien Studio 1, Bettina	11:00 – 12:00 Yoga Studio 1, Marc	10:30 – 11:15 Bodystyling Studio 1, Susan		11:30 – 13:00 Workout Studio 1, Bärbel
		10:00 – 10:30 Arthrose Rücken+Schulter Studio 2, Susan				
		10:30 – 11:00 Arthrose Hüfte Studio 2, Susan				
17:00 – 17:45 ZUMBA© Studio 1, Juliana		11:00 – 11:30 Arthrose Knie Studio 2, Susan				
17:00 – 17:45 Bodystyling Studio 2	17:00 – 17:45 Pilates Studio 1, Bettina	17:00 – 17:45 Bodystyling Studio 1, Abdullah	17:00 – 17:45 Step & Shape Studio 1, Gudrun	16:30 – 17:00 Bauch Studio 1, Gudrun		<b>GÜLTIG AB 17.08.2020</b>
18:00 – 18:45 Pump-Attack Studio 2	<b>NEU!</b> 18:00-18:45 ZUMBA© Basic Studio I, Laura	18:00 – 18:45 ZUMBA© Studio 1, Susan	18:00 – 19:00 Pilates Studio 1, Bettina	17:15 – 18:15 Bodystyling Studio 1, Gudrun		
18:00 – 18:45 ZUMBA© Studio 1, Susan	19:00 – 20:30 Rückenfit & Stretching Studio 1, Bärbel	18:00-19:00 BauchBeinePo Studio 2, Abdullah		18:30 – 19:30 Step II Studio 1, Gudrun		<b>* Die Kurse finden ab 4 Personen statt!</b>
19:00 - 20:00 Yogilates Studio 1, Susan		19:00 – 19:30 Bauch Studio 1, Susan		<b>NEU!</b> 18:00 – 19:00 Boxcondition Studio 3, Sascha		<b>* Aufgrund der Hygienevorschrift, bitten wir Euch, Eure eigene Matte mitzubringen!!!</b>
<b>NEU!</b> 19:30 - 20:00 FIVE-Arthrose FIVE-Area, Gordon		19:30 – 20:00 Pump-Attack Studio 1, Susan				<b>* Für alle Kurse gilt eine begrenzte Teilnehmerzahl- Bitte anmelden!</b>
		19:00 – 20:00 Bauch & Rückenworkout Studio 3, Bärbel				
		20:15 – 21:15 Faszien-Yoga Studio 1, Susan				