

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00–10:00 Vital & Fit Studio 1, Bettina	9:30–10:30 Bodystyling Studio 1, Susan	9:00–10:00 RückenBauchFaszien 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	
10:00–11:00 Bodystylinz Studio 1, Susan	10:30–11:30 Pilates Studio 1, Susan	10:00–10:30 Arthrose Rücken+Schulter Studio 1, Bettina	11:00–12:00 Yoga Studio 1, Marc	9:30–10:30 ZUMBA© Studio 1, Susan	11:30-12:30 Dance Studio 2, Gudrun	
10.00 –11.00 Rückengymnastik Studo 2, Bettina		10:30–11:00 Arthrose Hüfte Studio 1, Bettina		10:30–11:30 Bodystyling Studio 1, Susan		11:30–13:00 Workout Studio 1, Bärbel
		11:00 –11:30 Arthrose Knie Studio 1, Bettina				
17:00–18:00 ZUMBA© Studio 1, Susan	17:00–18:00 Pilates Studio 1, Anne–Marie	17:00–18:00 Strong Nation© Studio 1, Sylvia	17:45-18:45 Cycling Studio 3, Andy	16:30–17:00 Bauch Studio 1, Gudrun		GÜLTIG AB 18.04.2022
18:00–19:00 Bodystyling Studio 1, Susan	18:00-19:00 ZUMBA© Basic Studio 1, Sylvia	18:00–19:00 ZUMBA© Studio 1, Susan	17:00–18:00 Bootcamp Studio 1, Anne-Marie	17:00–18:00 Bodystyling Studio 1, Gudrun		
18:00–19:00 Zumba© Studio 2, Sylvia	18:00–19:00 Cycling Studio 3, Andy	18:00-19:00 Box-Conditioning Studio 2, Sascha	18:00–19:00 Pilates Studio 1, Bettina	18:00–19:00 Step II Studio 1, Gudrun		* Die Kurse finden ab 4 Personen statt!
19:00–20:00 Yogilates Studio 1, Susan	19:00–20:30 Rückenfit & Stretching Studio 1, Bärbel	19:00–19:30 Bauch Studio 1, Susan				* Bitte bringt aus Hygienegründen Eure eigene Matte mit!
		19:30–20:00 Pump-Attack Studio 1, Susan				Zum Lüften enden die Kurse 5 Min. vorher!
		19:00–20:00 Bauch & Rückenworkout Studio 3, Bärbel				Kinderbetreuung Mo 17.45-20.15 Uhr Mi 16.45-19.00 Uhr
		20:00–21:00 Stretch & Relax Studio 1, Susan				