












Kursplan ab dem **01. April 2019**

| Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Sonntag |
|---|--|--|---|--|--|---|---|---|--|---|
| großer Saal | kleiner Saal | großer Saal | kleiner Saal | großer Saal | kleiner Saal | großer Saal | kleiner Saal | großer Saal | kleiner Saal | großer Saal |
| 9:30 RückenFit Dagmar | 9:30 Fit 50+ Paulina | 9:45 RückenFit Ellen | | 9:30 Basic Step Dagmar | | 9:30 M-Step Dagmar | | | | |
| 10:30 Entspannung Paulina | | 10:45 Yoga Ellen | | 10:30 Fit 50+ Christine L. | 10:30 Pilates Ellen | 10:30 Osteoporose Fit 50+ Dagmar | 09:00 Sturz- prophylaxe Jochen | | | 10:30 M-Step Team |
|  17:15 TRX Workout Dagmar | 17:30 RückenFit Christine A. | 17:30 Aerobic Workout Dagmar |  17:45 TRX Cardio Ellen | | | | 10:30 Pilates Ellen | 16:00 RückenFit Christine A. | 16:00 Dancing Kids Janine | 11:30 Bodystyle B/B/P Team |
| 18:00 RückenFit Dagmar | 18:30 Stretching Christine A. | 18:30 M-Step Dagmar | 18:30 Pilates Ellen | 19:00 Fun-Tone- Cardio Nicoleta | 19:00 RückenFit Pavel | | | 17:00 CrossFitness Dagmar | 17:00 Basic Step Christine A. | |
| 19:00 F-Step Dagmar | 19:00 Zumba Janine | 19:30 Fatburner Alex | 19:30 Bauchkiller Adam | 20:00 F-Step Nicoleta | 20:00 Zumba Juliane |  18:00 TRX Workout Willi | 17:30 RückenFit Michelle | 18:00 F-Step Dagmar | 18:00 Stretching Christine A. | |
| 20:00 CrossFitness Dagmar |  17:45  Jumping Fitness  |  18:15  Jumping Fitness Jessica  | 20:00 Functional Fitness Adam | |  19:15  Jumping Fitness Jessica  | 20:00 Yoga Petra Sch. | 18:45 Functional Fitness Willi | 19:00 Zumba Juliane | 19:00 Bodystyle B/B/P Evi | |
|  | 18:30 Cycling Evi | 8:30 Cycling Ellen | 19:00 Cycling Christine K./ Martin | 9:15 Cycling Ellen | | 19:00 Cycling Christine K. | | | | 10:15 Cycling Team |