


Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
 9.00 - 10.00 Dance Aerobic	 8.30 - 9.30 Wirbelsäule & Faszientraining	 <small>SIGN IN</small> 9.00 - 12.00 Musikgarten (Babys&Mamas)	 8.30 - 9.30 Pilates	 8.30 - 9.45 Bauch-Beine-Po (auch für Babys)	 9.45 - 11.00 Step 4 All	 9.30 - 10.30 Indoor Cycling
 10.00 - 10.30 Bauch Pur	 <small>SIGN IN</small> 17.30 - 18.30 Yoga	 9.00 - 10.00 Fatkiller Step	 9.30 - 10.30 Indoor Cycling	 <small>SIGN IN</small> Ab 18.30 TanzEleganz (info@tanzeleganz.de)	 11.00 - 12.00 Functional Workout	 <small>SIGN IN</small> 10.30 - 11.30 Entspannung
 <small>SIGN IN</small> 17.30 - 18.15 Jumping Fitness	 17.00 - 18.00 DeepWork (bis 5.3.)	 10.00 - 10.30 Rücken & Bauch	 <small>SIGN IN</small> 9.30 - 10.15 Jumping Fitness (slow)			
 18.30 - 19.30 XCO Training	 18.30 - 19.30 Bodyforming	 18.00 - 19.00 Yoga Elements	 18.00 - 19.00 Yoga Flow			
 19.30 - 20.15 Jumping Fitness	 18.30 - 19.30 Indoor Cycling	 18.00 - 19.00 Fun Step	 18.45 - 19.30 Tabata			
 20.30 - 21.30 Langhantel- training	 19.00 - 20.00 Wirbel & Balance	 19.00 - 20.00 Zumba	 19.30 - 20.30 Bodystyling			
 <small>SIGN IN</small> 20.15 - 21.15 Entspannung	 20.00 - 21.00 Fatkiller	 <small>SIGN IN</small> 20.00 - 20.45 Jumping Fitness	 20.30 - 21.30 Bauchmuskel- training			

 Anmeldung erforderlich
Ggf. fallen Kosten an