

## Montag

08.30 – 09.25	BODY PUMP	TATJANA
09.30 – 10.25	STEP	SILVIA
10.30 – 11.25	BODY BALANCE	SILVIA
14.00 – 15.15	SANFTES YOGA	GIULIANA
17.45 – 18.40	BODY BALANCE	SILVIA
18.45 – 19.40	TRX	DIANA
19.45 – 21.00	FLOW YOGA	SILVIA

## Dienstag

07.00 – 07.30	CXWORX	SABRINA
09.00 – 09.55	LADIES GYM	SILVIA
10.00 – 11.00	FLOW YOGA	SILVIA
16.00 – 16.50	KREATIVER KINDERTANZ 4-6 J	HÉLÈNE
17.00 – 17.50	KREATIVER KINDERTANZ 7-9 J	HÉLÈNE
18.00 – 18.55	PILATES RÜCKBILDUNG	SIBYLLE
19.00 – 19.55	PILATES	SIBYLLE
20.05 – 21.00	BODY PUMP	TATJANA

## Mittwoch

09.00 – 09.55	TRX-MIX	JORGE
10.00 – 10.55	PILATES	SILVIA
18.00 – 18.55	RÜCKEN PLUS!	HÉLÈNE
19.00 – 19.55	STEP	SILVIA
20.00 – 20.55	BODY BALANCE	SILVIA

## Donnerstag

08.30 – 09.25	PILATES	SILVIA
09.30 – 10.25	ZUMBA	JORGE
10.30 – 11.25	PILATES	SILVIA
14.00 – 14.55	QI GONG	MARCELLA
NEU: 18.00 – 18.45	BARRE	NICOLE
18.50 – 19.20	CXWORX	SABRINA
19.25 – 19.55	M.A.X.	SABRINA

## Freitag

07.15 – 08.15	MORNING FLOW	NATALIA
08.30 – 09.25	ZUMBA	JASMIN
09.30 – 10.25	BODYFORMING	REBEKKA
12.15 – 12.45	CXWORX	SABRINA
17.30 – 18.25	BODY PUMP	TAMARA
18.30 – 19.25	BODY BALANCE	TAMARA

## Samstag

10.00 – 10.55	BODY PUMP	NICOLE
NEU: 11.00 – 11.30	BARRE	NICOLE

## Sonntag

ab 10.00	SURPRISE	TEAM
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