

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8.30 - 9.30 Wirbelsäulengymnastik [IB]						
	9.00 - 10.00 [G19] Fit for Fun	9.00 - 10.00 [G15] Pilates Mix	9.00 - 10.00 [G15] Rücken Fit	9.00 - 10.00 [G15] Dance Workout		
	10.00 - 11.00 [G19] Yoga 60+		10.00 - 11.30 [G15] BOP&more	10.00 - 11.00 [G15] Rücken Fit-Entspannung	10.00 - 11.00 [G15] Cycling (ab 12.10.)	10.00 - 11.00 [G15] Dance Workout
	11.00 - 12.00 [G19] Vinyasa Yoga				11.15 - 12.15 [G15] Funktionales Training (ab 12.10.)	11.00 - 12.00 [G15] BOP&more
						12.15 - 13.15 [G15] Cycling
		15.30 - 16.15 (LS) Z QuietschFidel 🐼	15.30 - 16.30 Wassergymnastik (LS)			
16.00 - 17.00 [G19] Z D!s Kids Club (ab 8 Jahre)		16.15 - 17.00 (LS) Z QuietschFidel 🐼				
17.00 - 18.00 [G19] Z D!s Kids Club (ab 11 Jahre)		17.00 - 18.00 [G15] Z D!s Dance Club (ab 12 Jahre)				
17.30 - 18.15 (LS) Aqua Jogging		17.00 - 18.00 [G19] Frauengymnastik 50+				
17.30 - 18.30 [G15] Funktionales Training	17.15 - 18.45 [G19] Z Hatha Yoga Erfahrene					
	17.30 - 18.30 [G15] Pilates					
18.00 - 19.00 [G19] Z D!s Dance Club (ab 13 Jahre)		18.00 - 19.00 [G15] Z D!s Dance Club (ab 14 Jahre)	18.00 - 19.00 [G15] Rücken Fit	18.15 - 19.15 [G15] Cycling		
18.15 - 19.00 (LS) Aqua Fitness		18.00 - 19.30 [G19] Z Yoga				
18.30 - 19.00 [G15] Bauch Spezial	18.30 - 19.30 [G15] Step&more					
19.00 - 20.00 [G15] Cycling		19.00 - 20.15 (MAS) Tanzen und mehr (Frauen 40+)	19.00 - 20.00 [G15] Step'n Style			
	19.30 - 20.30 [G15] Power Mix	19.15 - 20.15 [G15] Cycling		19.30 - 20.30 [G15] Complete Body Workout		
20.15 - 21.15 [G15] Cycling		19.45 - 21.15 [G19] Z Yoga				