

	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Fr 1.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Katja			Fr
Sa 2.								Sa
So 3.								So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 4.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda		Functional (X) Jasmin	Tabata (2) Annika	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 5.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 6.					Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 7.				Qi Gong (X) Katja	Tabata (2) Annika	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 8.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Thuy	Rückenfitness (X) Thuy	VINO		Fr
Sa 9.								Sa
So 10.		12 Yoga (X) Nicole						So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 11.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda			Tabata (2) Annika	Rückenfitness (X) Annika	20:15 BBP (2) Fernanda	Mo
Di 12.		10:30 Zumba (X) Aurora	18:30 NordicWalking		Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 13.	Rückenmobi (X) Sylvia				Fatburner (1) Rena	Bodystyl. (2) Rena	Pilates (X) Fernanda	Mi
Do 14.				Qi Gong (X) Katja	Tabata (2) Annika	Spinning (1)		Do
Fr 15.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Lisa-Marie	BBP-Special (2) Fernanda		Fr
Sa 16.	15 Uhr Mama-Workout-Workshop (Anmeldeliste)							Sa
So 17.		12 Pilates (X) Fernanda						So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 18.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda			Spinning (3)	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 19.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 20.				Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 21.					M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 22.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Lisa-Marie			Fr
Sa 23.								Sa
So 24.		12 Pilates (X) Fernanda						So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 25.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda			Spinning (3)	Rücken 3D (X) Jasmin	20:15 BBP (2) Fernanda	Mo
Di 26.		10:30 Zumba (X) Aurora	18:30 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 27.	Rückenmobi (X) Sylvia	10:30 Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 28.					M.A.X. (3) Dany	Spinning (1)		Do
Fr 29.				BBP (2) Lisa-Marie	Rückenfitness (X) Silke			Fr
Sa 30.	Ruderworkshop in Wilhelmshausen (Anmeldeliste)							Sa