

	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mi 1.		10:30 Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 2.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 3.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Steffi			Fr
Sa 4.	15 Rebounding (X) Steffi							Sa
So 5.	12 STRONG byZumba (X) Thuy							So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 6.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda		Bodystyl.(2) Kathleen	Deep Work (2) Lisa-Marie	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 7.		10:30 Zumba (X) Aurora	18:00 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 8.	Rückenmobi (X) Sylvia	10:30 Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 9.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 10.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Lisa-Marie			Fr
Sa 11.	Theater Stille Hunde							Sa
So 12.	12 Yoga (X) Nicole							So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 13.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda		Bodystyl.(2) Kathleen	Tabata (2) Jasmin	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 14.		10:30 Zumba (X) Aurora	18:00 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 15.		10:30 Spinning (X) Sonka		Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 16.				Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do
Fr 17.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Steffi	BBP-Special (X) Fernanda		Fr
Sa 18.								Sa
So 19.	12 Faszientraining (X) Steffi							So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 20.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda		Bodystyl.(2) Kathleen	Tabata (2) Jasmin	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 21.		10:30 Zumba (X) Aurora	18:00 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 22.	Rückenmobi (X) Sylvia			Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 23.		10:30 Spinning(x) Jessica		Qi Gong (X) Katja	M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Jessica	Do
Fr 24.	9 Pilates (X) Fernanda	Pilates (X) Fernanda		BBP (2) Lisa-Marie	Rückenfitness (X) Lisa-Marie	Vino		Fr
Sa 25.								Sa
So 26.	12 Pilates (X) Fernanda							So
	09:30	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 27.	50 Plus (X) Sylvia	10:30 Pilates (X) Fernanda		Bodystyl.(2) Kathleen	Deep Work (2) Lisa-Marie	Rückenfitness (X) Katja	20:15 BBP (2) Fernanda	Mo
Di 28.		10:30 Zumba (X) Aurora	18:00 NordicWalking	BodyMix (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 29.				Zumba (X) Dany	Fatburner (1) Rena	Bodystyl. (2) Kerstin	Pilates (X) Kerstin	Mi
Do 30.					M.A.X. (3) Dany	Spinning (1)	20:15 Yoga (1) Nicole	Do