



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:45-9:30 Step Aerobic Jule TS		8:30-9:15 Body Workout Jule TS	8:30-9:30 Hot Iron Claudia TS	8:30-9:15 Body Workout Jule TS
		9:15-10:00 Indoor Cycling Jule TS	9:30-10:30 Pilates Gaby TS	9:15-10:00 CardioPower Jule TS
10:45-11:45 Jumping Sandra TS	10:00-11:00 Qigong Elenor TS	10:00-11:00 Core/Stabi Jule TS		
	11:00-11:30 Thai Chi Elenor TS			
		13:30-14:30 Pilates Gaby TS		
				17:15-18:15 Jumping Sandra TS
17:45-18:45 Boxen Martin TS	17:45-18:45 Pilates Gaby TS	18:30-19:15 Aerobic/Step Andrea TS		
19:00-20:00 Zumba Katja TS	18:45-19:30 Rückenfit Jule TS	19:15-20:00 Funcional Andrea TS	19:00-19:45 Step Aerobic Jule TS	
20:00-21:00 Hot Iron Claudia TS	19:45-20:45 Indoor Cycling Jule TS	20:00-21:00 Indoor Cycling Michi TS	20:00-21:00 Hot Iron Claudia TS	

TS = Tanzsaal