

	Raum 1			Raum 2		
Tag	Zeit	Lektion	Instruktor	Zeit	Lektion	Instruktor
Montag	08:00 - 09:00	*Athletice Flow	Stefj	*erst ab Mo, 2.3.20 gültig!		
	14:00 - 15:00	Antara	Yvonne			
	18:15 - 19:15	*Strong by Zumba	Emel	18:45 - 19:45	Dance Fit	Babs
	19:30 - 20:30	Body Forming	Ewa	20:00 - 21:00	Strong by Zumba	Babs
Dienstag	09:00 - 10:00	Step & Tone	Bea			
	10:05 - 11:05	*Kickboxen	Stefj	*erst ab Mo, 2.3.20 gültig!		
	14:00 - 15:00	Pilates	Ewa			
	18:10 - 19:10	Body Forming	Babs			
	19:20 - 20:20	Strong by Zumba	Babs			
	20:25 - 21:25	Yoga	Stefj			
Mittwoch	09:00 - 10:00	Fun & Tone	Babs			
	10:05 - 11:05	Faszien	Ewa			
	18:10 - 19:10	Zumba	Babs			
	19:20 - 20:20	Step & Tone	Bea	19:20 - 20:20	Pump	Babs/ Ewa
	20:25 - 21:25	Pilates	Ewa			
Donnerstag	09:00 - 10:00	*Vinyasa Flow	Stefj	*erst ab Mo, 2.3.20 gültig!		
	10:05 - 11:05	Salsation	Cecilia			
	18:15 - 19:15	Zumba	Yvonne			
	19:30 - 20:30	Antara	Yvonne			
Freitag	09:00 - 10:00	Body Forming	Stefj			
	18:15 - 19:15	Fun & Tone	Babs			

Samstag	10:15 - 11:15	Pump	Babs/ Ewa
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