

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:10-10:10 <b>Rücken Fitness</b> <u>Ulrike</u>	9:30-10:30 <b>RückenFit</b> <u>Gaby</u>	9:30-10:30 <b>Pilates</b> <u>Gaby</u>	9:30-10:55 <b>Yoga</b> <u>Petra</u>	9:30-10:30 <b>Pilates</b> <u>Gaby</u>	
10:10-11:10 <b>Pilates</b> <u>Gaby</u>	10:30-11:30 <b>Pilates 70 plus</b> <u>Gaby</u>	10:45-11:45 <b>Mama-Baby Pilates</b> <u>Gaby</u>	11:00-11:50 <b>Rehasport</b> <u>Gaby</u>	10:30-11:30 <b>Aktiv &amp; Fit 60 plus</b> <u>Gaby</u>	10:10-10:55 <b>Rehasport</b> <u>Thomas</u>
11:15-12:10 <b>Rehasport</b> <u>Gaby</u>					
16:00-17:00 <b>Lungensport</b>					<u>Sonntag</u>
17:00-18:00 <b>Pilates</b> <u>Gaby</u>	16:30-17:30 <b>Hits for Kids (3-6 Jahre)</b> <u>Gaby</u>		17:00-18:00 <b>Piloga</b> <u>Katrin</u>	16:00-17:00 <b>Lungensport</b>  <u>Ute</u>	10:45-12:00 <b>Yoga</b> <u>Petra</u> (jeder 1.Sonntag)
18:00-19:00 <b>Bodystyling</b> <u>Linda</u>	<del>17:40-18:30</del> <b>Rehasport</b> <u>Gaby</u>	17:30-18:30 <b>Pilates</b> <u>Gaby</u>	18:00-19:00 <b>Bodystyling</b> <u>Iolanda</u>	17:00-18:30 <b>Yoga</b> <u>Pascale</u>	11:00-12:00 <b>Body Circuit</b> <u>Andy</u> (1.Sonntag 12:00)
19:00-19:45 <b>Langhanteltraining</b> <u>Linda</u>	18:30-19:30 <b>RückenFit</b> <u>Gaby</u>	18:30-19:30 <b>Bodystyling&amp;BOP</b> <u>Julia</u>	19:00-20:00 <b>Zumba</b> <u>Iolanda</u>		
19:45-20:45 <b>Pilates für Männer</b> <u>Gabi</u>	19:30-21:00 <b>WingChun</b> <u>Stefan</u>	19:30-20:45 <b>Yoga</b> <u>Pascale/Jen/Katrin</u>	20:00-21:15 <b>WingChun</b> <u>Stefan</u>		