

Tag	Datum	Uhrzeit	Angebot	ÜL	Raum	
2. Woche	Mo	14.04.	10.00-11.00	Zumba Gold	Kim	Gym 1
		09.45-10.45	Body Light Workout	Maria	Gym 2	
		11.00-12.00	Seniorengymnastik	Maria	Gym 2	
		17.00-18.00	KAHA	Gabi	Gym 1	
		18.00-19.00	PilaBox	Dany	Gym 1	
		18.00-19.00	Wirbelsäulengymnastik	Tina	Gym 2	
		19.00-20.00	Pilates	Steffi	Gym 1	
		19.00-20.00	Flexibar Fitness	Djura	Gym 2	
		20.00-21.00	Cross Workout	Patricia	Gym 2	
		19.00-20.00	Zumba	Dany	Haus Nidda Saal	
	Die	15.04.	17.00-18.00	Zumba Gold	Gaby	Gym 1
			20.00-21.00	Core Training	Patricia	Gym 1
			18.00-19.00	Rückenfit	Maria	Gym 2
			19.00-20.00	Fitnessgymnastik BBP	Maria	Gym 2
			20.00-21.00	Drums Alive	Jürgen	Gym 2
			18.30-20.00	Fitnessgymnastik 50+	Helmut	Halle 2
	Mi	16.04.	09.30-11.00	Bodystyling	Conny	Gym 2
			11.00-12.00	Demenzgruppe	Conny	Gym 3
			18.00-19.00	PilaBox	Tina	Gym 1
			18.00-19.00	QiGong	Gerda	Gym 2
			19.00-20.00	Fitnessgymnastik Frauen	Tina	Gym 2
20.00-21.30			Yoga	Dagmar	Gym 1	
Do	17.04.	09.00-10.30	Fitbalance	Conny	Gym 2	
		09.30-11.00	Yoga	Kannan	Gym 1	
		10.30-11.30	Seniorengymnastik	Conny	Gym 2	
		18.00-19.00	Aroha	Gabi	Gym 1	
		19.00-20.00	Pilates	Steffi	Gym 1	
		19.00-20.00	Fitnessgymnastik	Elisa	Gym 2	
		20.00-21.00	Step Aerobic	Elisa	Gym 2	
Fr	18.04.		Karfreitag			
So	20.04.		Ostersonntag			
Mo	21.04.		Ostermontag			

Schwimmbad Nieder-Eschbach:

Dienstag, 15.04. 18.30-19.15 Uhr Aqua Fitness

Mittwoch, 16.04. 18.30-19.15 Uhr Aqua Zumba