

Tag	Datum	Uhrzeit	Angebot	ÜL	Raum	
KW 2	Mo	06.01.	10.00-11.00	Zumba Gold	Thorsten/Kim	Gym 1
			09.45-10.45	Body Light Workout	Maria	Gym 2
			11.00-12.00	Seniorengymnastik	Sanita	Gym 2
			17.00-18.00	KAHA	Gaby	Gym 1
			18.00-19.00	Wirbelsäulengymnastik	Sanita	Gym 2
			19.00-20.00	Pilates	Steffi	Gym 1
			19.00-20.00	Flexibar Fitness	Sanita	Gym 2
			20.00-21.00	Cross Workout	Patricia	Gym 2
	Die	07.01.	09.30-10.30	Walking	Sanita	Treff Gymhalle
			10.30-11.30:	Mama Fit-Baby mit!	Nadine	Gym 1
			10.30-11.30	Gymnastik & Stretch	Sanita	Gym 2
			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
	Mi	08.01.	09.30-11.00	Bodystyling	Nadine	Gym 2
			18.00-19.00	QiGong	Gerda	Gym 2
			19.00-20.00	Fitnessgymnastik Frauen	Nadine	Gym 2
			20.00-21.30	Yoga	Dagmar	Gym 1
	Do	09.01.	18.00-19.00	AROHA	Gaby	Gym 1
			18.00-19.00	Faszienfitness	Sanita	Gym 2
			19.00-20.00	Pilates	Steffi	Gym 1
			19.00-20.00	Fitnessgymnastik	Özlem	Gym 2
	Fr	10.01.	10.00-11.00	Aktiv bis 100	Sanita	Gym 1
			11.00-12.00	Pilates	Sanita	Gym 1
			17.00-18.00	Tabata Training	Patricia	Gym 2
			18.00-19.00	Fitnessgymnastik	Nadine	Gym 2
	So	12.01.	10.00-11.30	Yoga	Janina/Dagmar	Gym 1