

## MONTAG

09:00 – 10:00  
FASZIEN  
UND RÜCKEN

16:30 – 17:30  
FITNESS FÜR  
SCHWANGERE

18:00 – 19:00  
BODYWORKOUT

19:00 – 20:00  
JUMPING FITNESS

## DIENSTAG

18:00 – 19:00  
POWER WORKOUT

19:00 – 20:00  
INDOOR CYCLING

## MITTWOCH

08:15 – 09:15  
ZUMBA MIX

09:30 – 10:45  
HEBAMME

18:00 – 19:00  
JUMPING FITNESS

19:00 – 20:00  
DEEPWORK

## DONNERSTAG

15:15 – 16:00  
KIDS CLUB /  
PARKOUR

17:45 – 19:00  
ZUMBA STEP

19:00 – 20:00  
LANGHANTEL

## FREITAG

09:00 – 10:00  
BODYWORKOUT

16:00 – 17:00  
JUMPING KIDS

17:00 – 18:00  
JUMPING FITNESS

18:00 – 19:00  
BODYWORKOUT

19:00 – 20:00  
INDOOR CYCLING



**FIT DURCH DIE WOCHE**