

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
09:00 – 10:00 Faszien und Rücken		08:15 – 09:15 Zumba Mix		09:00 – 10:00 Bodyworkout	
		09:30 – 10:45 Hebamme			10:00 – 11:00 Zumba
				16:00 – 16:45 Jumping Kids	
				17:00 – 18:00 Jumping Fitness	
18:00 – 19:00 Bodyworkout	18:00 – 19:00 Power Workout	18:00 – 19:00 Deepwork	17:45 – 19:00 Zumba Step	18:00 – 18:45 Rückenfit	
19:00 – 20:00 Jumping Fitness	19:00 – 20:00 Indoor Cycling	19:00 – 20:00 Jumping Fitness	19:00 – 20:00 Hatha Yoga	19:00 – 20:00 Indoor Cycling	



FIT DURCH DIE WOCH