

September

2024

# Fitness - Kursplan



## MONATSANSICHT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
						<b>1</b> 14:00-15:45 Vorschau auf unsere Kurse (Kerb)
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<del>17:15-18:15</del> Yoga  18:30-19:30 Spin Gym (ESG)/ Power Stretch (EPS)	17:15-18:15 Zumba® Gold  18:15-19:15 SALSATION®	18:25-19:25 Zumba® Fitness	16:00-17:00 Zumba® Gold  18:00-19:00 EMP	18:45-19:45 Qigong	09:30-11:00 Body Workout	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<del>17:15-18:15</del> Yoga  18:30-19:30 European Aerobic/Step	17:15-18:15 Zumba® Gold  18:15-19:15 SALSATION®	18:25-19:25 Zumba® Fitness	16:00-17:00 Zumba® Gold  18:30-19:30 EMP	18:45-19:45 Qigong	09:30-10:30 Deepwork	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
17:15-18:15 Yoga  18:30-19:30 European Aerobic/Step	<del>17:15-18:15</del> Zumba® Gold  18:15-19:15 SALSATION®	18:25-19:25 Zumba® Fitness	<del>16:00-17:00</del> Zumba® Gold  18:30-19:30 EMP	18:45-19:45 Qigong	09:30-11:00 Body Workout mit Stretching	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
17:15-18:15 Yoga  18:30-19:30 European Aerobic/Step	<del>17:15-18:15</del> Zumba® Gold  18:15-19:15 SALSATION®	18:25-19:25 Zumba® Fitness	<del>16:00-17:00</del> Zumba® Gold  18:30-19:30 EMP	18:45-19:45 Qigong	09:30-10:30 Deepwork	
<b>30</b>						
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