

Juli

2024

Fitness - Kursplan



MONATSANSICHT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
1 17:15-18:15- Yoga 18:30-19:30 European Aerobic	2 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	3 18:25-19:25 Zumba® Fitness	4 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	5 18:45-19:45 Qigong	6 09:30-11:00 Body Workout	7
8 17:15-18:15 Yoga 18:30-19:30 European Aerobic	9 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	10 18:25-19:25 Zumba® Fitness	11 16:00-17:00 Zumba® Gold 18:30-19:30 European Power Stretch	12 18:45-19:45- Qigong	13 09:30-10:30 Deepwork	14
15 17:15-18:15 Yoga 18:30-19:30 European Step	16 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	17 18:25-19:25 Zumba® Fitness	18 16:00-17:00 Zumba® Gold 18:30-19:30 Spin Gym	19 18:45-19:45 Qigong	20 09:30-11:00 Body Workout	21
22 17:15-18:15 Yoga 18:30-19:30 European Power Stretch	23 17:15-18:15 Zumba® Gold 18:15-19:15- SALSATION®	24 18:25-19:25 Zumba® Fitness	25 16:00-17:00 Zumba® Gold 18:30-19:30 Deepwork	26 18:45-19:45 Qigong	27 09:30-11:00 Body Workout	28
29 17:15-18:15 Yoga 18:30-19:30 European Step	30 17:15-18:15 Zumba® Gold 18:15-19:15- SALSATION®	31 18:25-19:25 Zumba® Fitness				