

Oktober

2024

Fitness - Kursplan



MONATSANSICHT

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