

November

2024

Fitness - Kursplan



MONATSANSICHT

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