

Dezember

2024

Fitness - Kursplan



MONATSANSICHT

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