

Januar

2025

# Fitness - Kursplan



## MONATSANSICHT

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