

Februar

2025

Fitness - Kursplan



MONATSANSICHT

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