

April

2025

# 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 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	4 18:45-19:45 Qigong	5 09:30-10:30 Body Workout	6
7 <del>17:15-18:15</del> 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 18:30-19:30 EMP	11 18:45-19:45 Qigong	12 10:00-11:00 Body Workout	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 Karfreitag <del>18:45-19:45</del> Qigong	19 10:00-11:00 Body Workout	20 Ostersonntag 
Ostermontag  21 vor- oder nachmittags European Aerobic/Step <del>17:15-18:15</del> Yoga	22 17:15-18:15 Zumba® Gold <del>18:15-19:15</del> SALSATION®	23 18:25-19:25 Zumba® Fitness	24 16:00-17:00 Zumba® Gold 18:30-19:30 EMP	25 <del>18:45-19:45</del> Qigong	26 09:30-10:30 Body Workout	27
28 17:15-18:15 Yoga 18:30-19:30 European Aerobic/Step	29 17:15-18:15 Zumba® Gold 18:15-19:15 SALSATION®	30 18:25-19:25 Zumba® Fitness				