



FITNESSPROGRAMM IM JULI 2024

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		F19: 09.00-10.00 Power Pilates <i>Milena/Karin</i>		F22: 09.00-10.00 Intervall Fatburning <i>Anna</i>	
F1: 9.30-11.00 Ashtanga Vinyasa Yoga <i>Christiane</i>	A1: 10.30-11.15 Aqua Gym <i>Helga</i>	F9: 10.00-11.00 Rückenfit <i>Ursula</i>		F15: 10.00-11.00 Rückenfit & Stretching <i>Karin</i>	
	A2: 11.30-12.15 Aqua Gym <i>Helga</i>			F16: 11.30-13.00 Medical Yoga <i>Michel</i>	F24: 11.00-12.00 Salsation <i>Marlene</i>
					F20: 12.00-13.30 Bauch Bein Po <i>Petra</i>
F2: 17.00-18.00 Body Work <i>Helga</i>				F17: 17.00-18.00 Bauch Bein Po <i>Milena</i>	
F3: 18.00-19.00 Salsation <i>Marlene</i>	A3: 18.10-18.55 Aqua Gym <i>Helga</i>	F7: 18.00-19.00 Bauch Bein Po <i>Petra</i>	F10: 18.00-19.00 Happyletics <i>Petra</i>	S2: 17.00-18.00 Kinder Karate <i>Ulrich</i>	F18: 18.00-19.00 Faszientraining <i>Milena</i>
F4: 19.00-20.00 Rückenfit <i>Karin</i>	F8: 19.00-20.00 Mobilität, Dehnen & Entspannen <i>Ursula</i>	F14: 19.00-20.00 Salsation <i>Paulina</i>	F11: 19.00-20.00 Yin Yoga <i>Sonja</i>		
S1a: 20.00-21.00 Karate <i>Ulrich</i>			S1b: 18.00-19.00 Karate <i>Ulrich</i>		