



FITNESSPROGRAMM 2024/25

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	
	F26: 09.00-10.00 Morning Pilates Jelena NEU	F19: 09.00-10.00 Power Pilates Jelena	F12: 09.00-10.00 Fitness Circle Jelena	F22: 09.00-10.00 Intervall Fatburning Anna		
F1: 09.30-11.00 Ashtanga Vinyasa Yoga Christiane	F5: 10.00-11.00 Pilates Jelena	F9: 10.00-11.00 Rückenfit Benni	A5: 10.10-10.55 Aqua Fit Jelena	F13: 10.00-11.00 Pilates Jelena	F15: 10.00-11.00 Rückenfit & Stretching Karin	F24: 10.00-11.00 Salsation Marlene
A1: 10.30-11.15 Aqua Gym Helga			F23: 11.00-12.00 Senioren BBP Petra	A4: 11.10-11.55 Aqua Fit Jelena	F20: 11.00-12.30 Bauch Bein Po Petra	
A2: 11.30-12.15 Aqua Gym Helga	F6: 11.00-12.30 Medical Yoga Michel			F16: 11.30-13.00 Medical Yoga Michel		
F2: 17.00-18.00 Body Work Helga		F8: 17.00-18.00 Bauch Bein Po Petra	S2: 16.00-18.00 Kinder Karate Ulrich	F17: 17.00-18.00 Bauch Bein Po Milena		
F3: 18.00-19.00 Salsation Catarina	A3: 18.10-18.55 Aqua Gym Helga	F7: 18.00-19.00 Bauch Bein Po Petra	F10: 18.00-19.00 MMA-Conditioning Workout Petra	F21: 18.00-19.00 Kampfsport Fitness Benni	F18: 18.00-19.00 Pilates Milena	
F4: 19.00-20.00 Rückenfit Karin	F25: 19.00-20.00 HIIT THE BEAT Melanie	F14: 19.00-20.00 Salsation Marlene	F11: 19.00-20.00 Yin Yoga Sonja			
S1a: 20.00-21.00 Karate Ulrich			S1a: 20.00-21.00 Karate Ulrich			