



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			09:30 - 10:15 (KR1) Zumba Gold		
10:00 - 11:00 (Halle) Krabbelgruppe	10:30 - 11:30(KR3) Senior Cycling		10:30 - 11:30 (KR1) Pilates		
10:00 - 11:00 (KR1) Yoga					
10:00 - 10:45 (KR2) Geräte Zirkel Kraftausdauer		14:45 – 15:45 (Halle) Seniorenfitness			14:00 - 15:00 (KR1) Dancefactory
	16:30 – 17:15 (KR1) Zumba Kids Junior	16:00 - 17:00 (Halle) Kids in Motion (Eltern-/ Kindturnen)	16:00 - 17:00 (Halle) Ballzwerge		
18:00 - 19:00 (KR1) Yoga	17:30 - 18:30 (KR1) Zumba Kids	17:30 – 18:30 (KR1) Pilates	16:00 - 17:00 (KR1) Yoga Kids		
18:45 – 19:45 (KR3) Indoor Cycling		18:30 - 19:30 (KR1) Zumba Fitness	18:00 - 20:00 (Kaffee Auszeit) Dart		
19:00 - 20:00 (KR1) Step		19:30 – 20:30 (KR1) Functional Training	18:30 - 19:30 (KR1)		
19:00 - 20:00 (KR2) Geräte Zirkel Kraftausdauer		19:45 – 20:45 (KR3) Indoor Cycling	18:30 - 19:30 (KR3) Sensitive Cycling		
20:00 - 21:15 (KR1) Langhantel Workout	19:30–20:30 Uhr (KR1) Body Workout	19:45 - 20:45 (KR2) Geräte Zirkel Kraftausdauer	19:30 - 20:30 (KR1) BBP		
20:30 - 21:30 (Halle) Cross Training					
20:30 – 22:00(Halle) Badminton					