

Ostern-Ferienplan 2010

29. März-02. April 2010

05.-09. April 2010

13. KW

1. Ferienwoche

14. KW

2. Ferienwoche

|               |           |             |                            |         |       |
|---------------|-----------|-------------|----------------------------|---------|-------|
| <b>29.03.</b> | <b>Mo</b> | 9.30-11.00  | Seniorengymnastik          | Elisa   | Gym 2 |
|               |           | 19.00-20.00 | Power Fitness              | Dany    | Gym 2 |
|               |           | 20.00-21.30 | TaeBo Kurs                 | Dany    | Gym 1 |
|               |           | 20.00-21.30 | Fitnessgymnastik u. Entsp. | Elisa   | Gym 2 |
|               |           | 18.00-19.00 | Dance Workout              | Elisa   | Gym 1 |
|               |           | 19.00-20.00 | Pilates                    | Elisa   | Gym 1 |
| <b>30.03.</b> | <b>Di</b> | 16.00-17.00 | Hip Hop Anfänger           | Frank   | Gym 1 |
|               |           | 17.00-18.00 | Popping                    | Frank   | Gym 1 |
|               |           | 18.00-19.00 | Wirbelsäulengymnastik      | Sabine  | Gym 2 |
|               |           | 19.00-20.00 | Fitnessgymnastik           | Sabine  | Gym 2 |
|               |           | 18.15.19.45 | Yoga Grundstufe            | Susanne | Gym 1 |
|               |           | 20.00-21.30 | Yoga Mittelstufe           | Susanne | Gym 1 |
| <b>31.03.</b> | <b>Mi</b> | 9.30-10.30  | Step&Style                 | Dany    | Gym 2 |
|               |           | 10.30-11.30 | Pilates                    | Dany    | Gym 2 |
|               |           | 19.00-20.00 | Frauenfitnessgymnastik     | Elisa   | Gym 2 |
|               |           | 20.00-21.00 | Easy Step Aerobic          | Anke    | Gym 2 |
| <b>01.04.</b> | <b>Do</b> | 9.00-10.30  | Fitbalance                 | Elisa   | Gym 2 |
|               |           | 15.00-16.00 | Breakdance                 | Eric    | Gym 2 |
|               |           | 16.00-17.30 | Breakdance                 | Eric    | Gym 2 |
|               |           | 17.30-19.00 | Walking u. Gymnastik       | Sabine  | Gym 2 |
|               |           | 19.00-20.00 | Zirkeltraining             | Sabine  | Gym 2 |
|               |           | 20.00-21.30 | TBC                        | Sabine  | Gym 2 |
|               |           | 17.00-18.00 | Tänz. Früherziehung        | Elisa   | Gym 1 |
|               |           | 18.00-19.00 | Gymnastik bei Osteoporose  | Elisa   | Gym 1 |
|               |           | 19.00-20.00 | Wirbelsäulengymnastik      | Elisa   | Gym 1 |
| <b>02.04.</b> | <b>Fr</b> |             | <b>Feiertag</b>            |         |       |

|               |           |             |                           |         |       |
|---------------|-----------|-------------|---------------------------|---------|-------|
| <b>05.04.</b> | <b>Mo</b> |             | <b>Feiertag</b>           |         |       |
| <b>06.04.</b> | <b>Di</b> | 16.00-17.00 | Hip Hop Anfänger          | Frank   | Gym 1 |
|               |           | 17.00-18.00 | Popping                   | Frank   | Gym 1 |
|               |           | 18.00-19.00 | Wirbelsäulengymnastik     | Sabine  | Gym 2 |
|               |           | 19.00-20.00 | Fitnessgymnastik          | Sabine  | Gym 2 |
|               |           | 18.15.19.45 | Yoga Grundstufe           | Susanne | Gym 1 |
|               |           | 20.00-21.30 | Yoga Mittelstufe          | Susanne | Gym 1 |
| <b>07.04.</b> | <b>Mi</b> | 9.30-10.30  | Step&Style                | Dany    | Gym 2 |
|               |           | 10.30-11.30 | Pilates                   | Dany    | Gym 2 |
|               |           | 19.00-20.00 | Frauenfitnessgymnastik    | Elisa   | Gym 2 |
|               |           | 20.00-21.00 | Easy Step Aerobic         | Anke    | Gym 2 |
| <b>08.04.</b> | <b>Do</b> | 9.00-10.30  | Fitbalance                | Elisa   | Gym 2 |
|               |           | 15.00-16.00 | Breakdance                | Eric    | Gym 2 |
|               |           | 16.00-17.30 | Breakdance                | Eric    | Gym 2 |
|               |           | 17.30-19.00 | Walking u. Gymnastik      | Sabine  | Gym 2 |
|               |           | 19.00-20.00 | Zirkeltraining            | Sabine  | Gym 2 |
|               |           | 20.00-21.30 | TBC                       | Sabine  | Gym 2 |
|               |           | 17.00-18.00 | Tänz. Früherziehung       | Elisa   | Gym 1 |
|               |           | 18.00-19.00 | Gymnastik bei Osteoporose | Elisa   | Gym 2 |
|               |           | 19.00-20.00 | Wirbelsäulengymnastik     | Elisa   | Gym 2 |
| <b>09.04.</b> | <b>Fr</b> | 16.00-17.00 | Wirbelsäulengymnastik     | Petra   | Gym 1 |
|               |           | 17.00-18.00 | Pilates spezial           | Petra   | Gym 1 |
|               |           | 18.00-19.00 | Pilates                   | Anke    | Gym 2 |