

1. Woche	Tag	Datum	Uhrzeit	Angebot	ÜL	Raum
	Mo	05.10.	10.00-11.00	Zumba Gold	Kim	Gym 1
			09.45-10.45	Body Light Workout	Maria	Gym 2
			11.00-12.00	Seniorengymnastik	Maria	Gym 2
			17.00-18.00	KAHA*	Gaby	Gym 2
			18.00-19.00	PilaBox	Dany	Gym 1
			19.00-20.00	Pilates*	Steffi	Gym 1
			20.00-21.00	Cross Workout	Marius	Gym 2
			19.00-20.00	Zumba	Dany	Haus Nidda Saal
	Die	06.10.	17.00-18.00	Zumba Gold	Gaby	Gym 1
			18.00-19.30	Yoga*	Tanja	Gym 1
			17.00-18.00	Fitnessgymnastik 50+	Maria	Gym 2
			18.00-19.00	Wirbelsäulengymnastik*	Maria	Gym 2
			19.00-20.00	Fitnessgymnastik BBP	Maria	Gym 2
	Mi	07.10.	09.30-11.00	Bodystyling	Conny	Gym 2
			11.00-12.00	Demenzgruppe	Conny	Gym 3
			18.00-19.00	PilaBox	Tina	Gym 1
			18.00-19.00	QiGong	Gerda	Gym 2
			19.00-20.00	Fitnessgymnastik Frauen	Tina	Gym 2
			20.00-21.30	Yoga*	Dagmar	Gym 1
	Do	08.10.	09.30-11.00	Yoga*	Kannan	Gym 1
			19.00-20.00	Pilates	Steffi	Gym 1
			19.00-20.00	Fitnessgymnastik	Elisa	Gym 2
	Fr	09.10	10.00-11.00	Aktiv bis 100	Maria	Gym 1
	So	11.10.	10.00-11.30	Yoga*	Tanja	Gym 1