

2. Woche	Tag	Datum	Uhrzeit	Angebot	ÜL	Raum
	Mo	12.10	10.00-11.00	Zumba Gold	Kim	Gym 1
			09.45-10.45	Body Light Workout	Maria	Gym 2
			11.00-12.00	Seniorengymnastik	Sanita	Gym 2
			17.00-18.00	KAHA*	Gaby	Gym 2
			18.00-19.00	PilaBox	Dany	Gym 1
			18.00-19.00	Wirbelsäulengymnastik*	Sanita	Gym 2
			19.00-20.00	Pilates*	Jürgen	Gym 1
			19.00-20.00	Flexibar Fitness	Djura	Gym 2
			20.00-21.00	Cross Workout	Marius	Gym 2
			19.00-20.00	Zumba	Dany	Haus Nidda Saal
	Die	13.10	09.30-10.30	Walking	Sanita	Treff Gymhalle
			10.30-11.30:	Mama Fit-Baby mit!	Nadine	Gym 1
			10.30-11.30	Gymnastik & Stretch	Sanita	Gym 2
			17.00-18.00	Zumba Gold	Gaby	Gym 1
			18.00-19.30	Yoga*	Katrin	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
			20.00-21.00	Drums Alive	Jürgen	Gym 2
	Mi	14.10.	09.30-11.00	Bodystyling	Conny	Gym 2
			11.00-12.00	Demenzgruppe	Conny	Gym 3
			19.00-20.00	Fitnessgymnastik Frauen	Maria	Gym 2
			20.00-21.30	Yoga*	Dagmar	Gym 1
	Do	15.10.	09.00-10.30	Fitbalance	Conny	Gym 2
			09.30-11.00	Yoga*	Kannan	Gym 1
			10.30-11.30	Seniorengymnastik	Conny	Gym 2
			17.00-18.00	Gymnastik mit dem Stuhl	Sanita	Gym 1
			18.00-19.00	Faszienfitness	Sanita	Gym 2
			19.00-20.00	Pilates	Dany	Gym 1
			19.00-20.00	Fitnessgymnastik	Elisa	Gym 2
	Fr	16.10.	10.00-11.00	Aktiv bis 100	Sanita	Gym 1
			11.00-12.00	Pilates*	Sanita	Gym 2
			18.00-19.00	Core Training	Nadine	Gym 2
	So	18.10.	10.00-11.30	Yoga*	Dagmar	Gym 1