

| Tag | Datum | Uhrzeit | Angebot | ÜL | Raum | |
|-----------------|---------------|-------------------------|-------------------|-----------------------|-------------|-----------------|
| 1. Woche | Mo | 07.04. | 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 |
| | | | 18.00-19.00 | PilaBox | Dany | Gym 1 |
| | | | 18.00-19.00 | Wirbelsäulengymnastik | Sanita | Gym 2 |
| | | | 19.00-20.00 | Pilates | Steffi | Gym 1 |
| | | | 19.00-20.00 | Flexibar Fitness | Djura | Gym 2 |
| | | | 19.00-20.00 | Zumba | Dany | Haus Nidda Saal |
| | Die | 08.04. | 09.30-10.30 | Walking | Sanita | Treff Gymhalle |
| | | | 10.30-11.30 | Gymnastik & Stretch | Sanita | Gym 2 |
| | | | 18.00-19.30 | Yoga | Isolde | Gym 1 |
| | | | 18.00-19.00 | Rückenfit | Maria | Gym 2 |
| | | | 19.00-20.00 | Fitnessgymnastik BBP | Maria | Gym 2 |
| | | | 20.00-21.00 | Drums Alive | Jürgen | Gym 2 |
| | | | 18.30-20.00 | Fitnessgymnastik 50+ | Helmut | Halle 2 |
| | | | Mi | 09.04. | 09.30-11.00 | Bodystyling |
| | 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 |
| Do | 10.04. | 09.00-10.30 | Fitbalance | Conny | Gym 2 | |
| | | 09.30-11.00 | Yoga | Kannan | Gym 1 | |
| | | 10.30-11.30 | Seniorengymnastik | Conny | Gym 2 | |
| | | 18.00-19.00 | Faszienfitness | Sanita | Gym 2 | |
| | | 19.00-20.00 | Pilates | Steffi | Gym 1 | |
| | | 19.00-20.00 | Fitnessgymnastik | Elisa | Gym 2 | |
| | | 20.00-21.00 | Step Aerobic | Elisa | Gym 2 | |
| Fr | 11.04. | 10.00-11.00 | Aktiv bis 100 | Sanita | Gym 1 | |
| | | 11.00-12.00 | Pilates | Sanita | Gym 1 | |
| | | 17.00-18.00 | Tabata | Nadine | Gym 2 | |
| | | 18.00-19.00 | Fitnessgymnastik | Nadine | Gym 2 | |
| So | 13.04. | 10.00-11.30 | Yoga | Janina/Dagmar | Gym 1 | |

Schwimmbad Nieder-Eschbach:

Dienstag, 08.04. 18.30-19.15 Uhr Aqua Fitness

Mittwoch, 09.04. 18.30-19.15 Uhr Aqua Zumba