

	Tag	Datum	Uhrzeit	Angebot	ÜL	Raum
1. Woche	Mo	06.10.	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 1
			18.00-19.00	PilaBox	Dany	Gym 1
			18.00-19.00	Wirbelsäulengymnastik	Nadine	Gym 2
			19.00-20.00	Pilates	Steffi	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	07.10.	10.30-11.30:	Mama Fit-Baby mit!	Nadine	Gym 1
			17.00-18.00	Zumba Gold	Gaby	Gym 1
			18.00-19.30	Yoga	Isolde	Gym 1
			17.00-18.00	Fitnessgymnastik 50+	Maria	Gym 2
			18.00-19.00	Rückenfit	Maria	Gym 2
			19.00-20.00	Fitnessgymnastik BBP	Maria	Gym 2
	Mi	08.10.	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	09.10.	09.00-10.30	Fitbalance	Conny	Gym 2
			09.30-11.00	Yoga	Kannan	Gym 1
			10.30-11.30	Seniorengymnastik	Conny	Gym 2
			19.00-20.00	Pilates	Steffi	Gym 1
			19.00-20.00	Fitnessgymnastik	Elisa	Gym 2
	Fr	10.10.	10.00-11.00	Aktiv bis 100	Nadine	Gym 1
			11.00-12.00	Pilates	Nadine	Gym 1
			18.00-19.00	Fitnessgymnastik	Nadine	Gym 2
	So	12.10.	10.00-11.30	Yoga	Tanja	Gym 1