

	Tag	Datum	Uhrzeit	Angebot	ÜL	Raum
2. Woche	Mo	13.10.	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
			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
			20.00-21.00	Cross Workout	Marius	Gym 2
	Die	14.10.	09.30-10.30	Walking	Sanita	Treff Gymhalle
			10.30-11.30	Gymnastik & Stretch	Sanita	Gym 2
			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	15.10.	09.30-11.00	Bodystyling	Conny	Gym 2
			11.00-12.00	Demenzgruppe	Conny	Gym 3
			18.00-19.00	QiGong	Gerda	Gym 2
			20.00-21.30	Yoga	Dagmar	Gym 1
	Do	16.10.	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	Steffi	Gym 1
			19.00-20.00	Fitnessgymnastik	Elisa	Gym 2
	Fr	17.10.	10.00-11.00	Aktiv bis 100	Sanita	Gym 1
			11.00-12.00	Pilates	Sanita	Gym 1
	So	19.10.	10.00-11.30	Yoga	Dagmar	Gym 1