

| Tag | Datum | Uhrzeit | Angebot | ÜL | Raum | | |
|-----------------|---------------|---------------|--------------------|-------------------------|-------------------|--------------|-----------------|
| 3. Woche | Mo | 13.07. | 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 1 |
| | | | | 18.00-19.00 | PilaBox | Dany | Gym 1 |
| | | | | 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 | Schulhof |
| | Die | 14.07. | 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 | 15.07. | 09.30-11.00 | Bodystyling | Conny | Gym 2 | |
| | | | 11.00-12.00 | Demenzgruppe | Conny | Gym 3 | |
| | | | 18.00-19.00 | QiGong | Gerda | Gym 2 | |
| | | | 19.00-20.00 | Fitnessgymnastik Frauen | Djura | Gym 2 | |
| | | | 20.00-21.30 | Yoga* | Dagmar | Gym 1 | |
| | | | 20.00-21.00 | Zumba | Djura | Gym 2 | |
| | Do | 16.07. | 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 | Gaby | Gym 1 | |
| | | | 18.00-19.00 | Zumba Gold | Gaby | Gym 1 | |
| | | | 19.00-20.00 | Pilates | Steffi | Gym 1 | |
| | | | 19.00-20.00 | Fitnessgymnastik | Özlem | Gym 2 | |
| | Fr | 17.07. | 10.00-11.00 | Aktiv bis 100 | Maria | Gym 1 | |
| 11.00-12.00 | | | Pilates* | Maria | Gym 1 | | |
| So | 19.07. | 10.00-11.30 | Yoga* | Tanja | Gym 1 | | |

Schwimmbad Nieder Eschbach (bei geeignetem Wetter und m. Vereinsbescheinigung)

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| Die | 14.07. | 18.30-19.15 Uhr | Aqua Fit |
| Mi | 15.07. | 18.30-19.15 Uhr | Aqua Zumba |

* = Stunden mit Zusatzbeitrag