

Tag	Datum	Uhrzeit	Angebot	ÜL	Raum		
2. Woche	Mo	21.10.	09.45-10.45	Body Light Workout	Maria	Gym 2	
			11.00-12.00	Seniorengymnastik	Sanita	Gym 2	
				17.00-18.00	KAHA	Gabi	Gym 1
				18.00-19.00	PilaBox	Dany	Gym 1
				18.00-19.00	Wirbelsäulengymnastik	Sanita	Gym 2
				19.00-20.00	Pilates	Elisa	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	22.10.	09.30-10.30	Walking	Sanita	Treff Gymhalle	
			10.30-11.30	Gymnastik & Stretch	Sanita	Gym 2	
			17.00-18.00	Zumba Gold	Gabi	Gym 1	
			20.00-21.00	Core Training	Patricia	Gym 2	
			18.00-19.00	Rückenfit	Maria	Gym 2	
			19.00-20.00	Fitnessgymnastik BBP	Maria	Gym 2	
	Mi	23.10.	09.30-11.00	Bodystyling	Conny	Gym 2	
			10.00-11.00	Zumba Gold	Kim	Gym 1	
			11.00-12.00	Demenzgruppe	Conny	Gym 3	
			18.00-19.00	QiGong	Gerda	Gym 2	
18.00-19.00			Pilabox	Tina	Gym 1		
19.00-20.00			Fitnessgymnastik Frauen	Tina	Gym 2		
Do	24.10.	09.00-10.30	Fitbalance	Conny	Gym 2		
		10.30-11.30	Seniorengymnastik	Conny	Gym 2		
		18.00-19.00	Zumba Gold	Gaby	Gym 1		
		18.00-19.00	Faszienfitness	Sanita	Gym 2		
		19.00-20.00	Pilates	Jürgen	Gym 1		
		19.00-20.00	Fitnessgymnastik	Elisa	Gym 2		
		20.00-21.00	Step Aerobic	Elisa	Gym 2		
Fr	25.10.	10.00-11.00	Aktiv bis 100	Maria	Gym 1		
		17.00-18.00	Tabata Training	Patricia	Gym 2		
		18.00-19.00	Fitnessgymnastik	Patricia	Gym 2		
So	27.10.	10.00-11.30	Yoga	Janina/Dagmar	Gym 1		