

1. Woche	Tag	Datum	Uhrzeit	Angebot	ÜL	Raum
	<b>Mo</b>	<b>01.10.</b>	11.00-12.00	Mama fit-Baby mit!,	Nadine	Gym 1
			11.00-12.00	Demenzgruppe	Fr. Hasbach	Gym 3
			19.00-20.00	Flexibar Fitness	Anna	Gym 2
			20.00-21.00	Bodyfit	Anna	Gym 2
	<b>Di</b>	<b>02.10.</b>	17.00-18.00	Zumba Gold	Gaby	Gym 1
			19.00-20.00	Fitnessgymnastik BBP	Maria	Gym 2
			19.00-20.30	Orientalischer Tanz	Seyran	Gym 1
	<b>Mi</b>	<b>03.10.</b>	<b>Feiertag</b>			
	<b>Do</b>	<b>04.10.</b>	09.30-11.00	Fitbalance	Conny	Gym 2
11.00-12.00			Seniorengymnastik	Conny	Gym 2	
18.00-19.00			Zumba Toning	Yaël	Gym 1	
19.00-20.00			Fitnessgymnastik	Elisa	Gym 2	
20.00-21.00			Wirbelsäulengymnastik	Elisa	Gym 2	
<b>Fr</b>	<b>05.10.</b>	09.00-10.00	Zumba	Yaël	Gym 1	
		10.00-11.00	Zumba Toning	Yaël	Gym 1	
		ab 17.00	Urban Dance Breakdance		Gym 2	

2. Woche	Tag	Datum	Uhrzeit	Angebot	ÜL	Raum
	<b>Mo</b>	<b>08.10.</b>	11.00-12.00	MamaFit- Baby mit!	Sanita	Gym 1
			18.00-19.00	Wirbelsäulengymnastik	Sanita	Gym 2
			19.00-20.00	Flexibar Fitness	Sanita	Gym 2
			20.00-21.00	Bodyfit	Anna	Gym 2
			19.00-20.00	Zumba	Dany	Haus Nidda
	<b>Di</b>	<b>09.10</b>	09.30-10.30	Walking	Sanita	Treff Gymhalle
			10.30-11.30	Gymnastik & Stretch	Sanita	Gym 1
			17.00-18.00	Zumba Gold	Gaby	Gym 1
			18.00-19.30	Yoga	Iris	Gym 1
19.00-20.00			Fitnessgymnastik BBP	Maria	Gym 2	
<b>Mi</b>	<b>10.10.</b>	10.00-11.00	Mama Fit –Baby mit!	Sanita	Gym 1	
		18.00-19.00	QiGong	Gerda	Gym 2	
		19.00-20.00	Frauengymnastik	Julia	Gym 2	
		20.00-21.00	Power Fit	Julia	Gym 2	
		19.00-20.00	Zumba	Yomaira	Gym 1	
<b>Do</b>	<b>11.10.</b>	20.00-21.30	Yoga	Iris	Gym 1	
		09.30-11.00	Yoga	Iris	Gym 1	
		18.00-19.00	Zumba Toning	Yaël	Gym 1	
		19.00-20.00	Pilates	Steffi	Gym 1	
		19.00-20.00	Fitnessgymnastik	Sanita	Gym 2	
<b>Fr</b>	<b>12.10.</b>	20.00-21.00	Wirbelsäulengymnastik	Sanita	Gym 2	
		09.00-10.00	Zumba	Yaël	Gym 1	
		10.00-11.00	Zumba Toning	Yaël	Gym 1	
		10.00-11.30	Gymnastik light	Sanita	Gym 2	
		ab 17.00 Uhr	Breakdance/Urban Dance		Gym 2	
		19.00-20.00	Zumba	Yomaira	Gym 1	
		18.00-20.00	Flamenco	Azuela	Haus Nidda	