

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:30 Gesunder Rücken	09:30 Gesunder Rücken	09:15 Body Toning		09:30 Gesunder Rücken		
10:30 Body Toning		10:00 Jumping Fitness		10:30 Body Toning	10:00 Ving-Tsun Kinder 2	10:30 Gesunder Rücken
	11:30 REHASPORT				11:15 Ving-Tsun Erwachsene	11:15 Body Toning
			15:00 Gesunder Rücken	16:00 REHASPORT	13.30 Krav Maga	
					Beides externe Anbieter ! Infos bei uns !	
17:30 HOT IRON		17:45 Fatburner		17:30 Body Toning		
18:30 Gesunder Rücken	18:00 Body Toning	18:30 Bauch intensiv	18:15 HOT IRON	17:30 FUNCTIONAL CROSS		
18:30 FUNCTIONAL CROSS	19:00 Jumping Fitness	18:30 FUNCTIONAL CROSS	19:15 Jumping Fitness	18:30 Gesunder Rücken		
19:15 ZUMBA Fitness				19:30 Ski Fitness		