

WOCHENENDKURSE

April

Sportmühle



Oster-So. 01.04.	Oster-Mo 02.04.	Sa. 07.04.	So. 08.04.	Sa. 14.04.	So. 15.04.	Sa. 21.04.	So. 22.04.	Sa. 28.04.	So. 29.04.	Dienstag 01.05.
11.00-12.00 SpinCycling Intervall Tina	11.00-12.00 Bodypump Gym 1 Andrea G.Hz.	11.00-12.00 Workout Gym 1 Frauke	11.15-12.15 SpinCycling Strength Tina		11.00-12.00 SpinCycling Intervall Hansi		11.00-12.00 SpinCycling All Terrain Hansi		10.00-11.00 deepWork Gym 3 Sarah	
11.00-12.30 Jazz Dance Gym 3 Carlo	12.00-14.00 Vinyasa- Yoga Gym 3 Julia & Paula	12.00-13-00 Pilates Gym 1 Frauke	11.15-12.45 Kundalini- Yoga Gym 1 Anja		12.00-13.00 SpinCycling Fatburner Hansi		12.00-13.00 SpinCycling Strength Hansi		11.00-12.00 SpinCycling All Terrain Hansi	
	14.00-15.30 Zumba XL Gym 1 Sabrina		11.00-12.30 Jazz Dance Gym 3 Carlo	14.00-15.00 Bodypump Gym 1 Andrea G.Hz..	11.00-12.30 Jazz Dance Gym 3 Carlo	12.00-13.00 Strong by Zumba Gym 3 Aylin	11.15-12.45 Kundalini- Yoga Gym 1 Anja		12.00-13.00 SpinCycling Strength Hansi	
14.00-15.30 Workout/ Stretch Tsvetty			13.00-14.00 Zumba Gym 3 Sonja	15.00-16.00 Dancehall Gym 1 Moris	13.00-14.00 Strong by Zumba Gym 3 Aylin	13.00-14.00 Zumba Gym 3 Aylin	11.00-12.30 Jazz Dance Gym 3 Carlo	15.00-16.00 Cardio Workout Gym 1 Isabel	11.15-12.45 Yoga 'Alles im Fluss' Gym 1 Julia	13.00-14.00 Easy Dance Gym 1 Isabel
			14.00-15.00 Workout Gym 3 Sonja	16.00-17.30 Hip-Hop Gym 1 Moris	14.00-15.00 Zumba Gym 3 Aylin		13.00-14.00 Zumba Gym 3 Sonja	16.00-17.00 Faszien/ Rücken Gym 1 Isabel	11.00-12.30 Jazz Dance Gym 3 Carlo	14.00-15.00 Workout Gym 1 Isabel
							14.00-15.00 Workout Gym 3 Sonja			