

WOCHENENDKURSE

Februar

Sportmühle

Sa. 03.02.	So. 04.02.	Sa. 10.02.	So. 11.02.	Sa. 17.02.	So. 18.02.	Sa. 24.02.	So. 25.02.
	11.00-12.00 SpinCycling All Terrain Hansi	11.00-12.30 Workout/ Stretch XL Gym 1 Tsvetty	11.00-12.00 SpinCycling All Terrain Esther	11.00-12.00 Workout Gym 1 Frauke	11.00-12.00 SpinCycling Intervall Hansi		10.00-11.00 Bodypump Gym 1 Andrea G.H.
10.30-17.45 YOGA-DAY Infos siehe Aushänge	12.00-13.00 SpinCycling Strength Hansi			12.00-13.00 Pilates Gym 1 Frauke	12.00-13.00 SpinCycling Endurance Hansi		11.15-12.15 SpinCycling Intervall Tina
	10.30-11.30 deepWork Gym 1 Sarah		11.15-12.45 Detox-Yoga Gym 1 Paula		11.15-12.45 Kundalini- Yoga Gym 1 Gudrun		11.00-12.30 Jazz Dance Gym 3 Carlo
	11.00-12.30 Jazz Dance Gym 3 Carlo	15.00-16.00 Afro Gym 1 Moris	11.00-12.30 Jazz Dance Gym 3 Carlo		11.00-12.30 Jazz Dance Gym 3 Carlo	15.00-16.00 Easy Dance Gym 1 Isabel	13.00-14.00 Zumba Gym 3 Sonja
	13.00-14.00 Strong by Zumba Gym 3 Aylin	16.00-17.30 Street-Jazz Gym 1 Moris	13.00-14.00 Zumba Gym 3 Sonja		13.00-14.00 Strong by Zumba Gym 3 Aylin	16.00-17.00 Workout Gym 1 Isabel	14.00-15.00 Workout Gym 3 Sonja
	14.00-15.00 Zumba Gym 3 Aylin		14.00-15.00 Workout Gym 3 Sonja		14.00-15.00 Zumba Gym 3 Aylin		

