

# WOCHENENDKURSE

## Januar

# Sportmühle

Mo. 01.01.	Sa. 06.01.	So. 07.01.	Sa. 13.01.	So. 14.01.	Sa. 20.01.	So. 21.01.	Sa. 27.01.	So. 28.01.
	11.00-12.00 Zumba Gym 1 Sabrina	11.00-12.00 SpinCycling All Terrain Hansi		10.00-11.00 Bodyump Gym 1 Andrea	11.00-12.00 deepWork Gym 1 Sarah	11.00-12.00 SpinCycling Intervall Hansi	11.00-12.00 Workout Gym 1 Frauke	10.00-11.00 Bodyump Gym 1 Christopher
	12.00-13.00 Workout Gym 1 Tsvetty	12.00-13.00 SpinCycling Strength Hansi	12.00-13.00 Strong by Zumba Gym 3 Aylin	11.15-12.15 SpinCycling All Terrain Tina		12.00-13.00 SpinCycling Endurance Hansi	12.00-13.00 Pilates Gym 1 Frauke	11.15-12.15 SpinCycling All Terrain Christopher
		11.15-12.45 Kundalini- Yoga Gym 1 Anja	13.00-14.00 Zumba Gym 3 Aylin	11.15-12.45 Vinyasa Yoga Gym 1 Paula	15.00-16.00 Afro Beats Gym 1 Moris	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		11.00-12.30 Jazz Dance Gym 3 Carlo	16.00-17.30 Street Jazz Gym 1 Moris	11.00-12.30 Jazz Dance Gym 3 Carlo		13.00-14.00 Zumba Gym 3 Sonja
16.00-17.00 Cardio Workout Gym 1 Isabel		13.00-14.00 Easy Dance Gym 3 Isabel		13.00-14.00 Zumba Gym 3 Sonja		13.00-14.00 Strong by Zumba Gym 3 Aylin		14.00-15.00 Workout Gym 3 Sonja
17.00-18.00 Faszien/ Rücken Gym 1 Isabel		14.00-15.00 Workout Gym 3 Isabel		14.00-15.00 Workout Gym 3 Sonja		14.00-15.00 Zumba Gym 3 Aylin		

