

WOCHENENDE März

Sportmühle

Sa. 29.02.	So. 01.03.	Sa. 07.03.	So. 08.03.	Sa. 14.03.	So. 15.03.	Sa. 21.03.	So. 22.03.	Sa. 28.03.	So. 29.03.
	11.00-12.00 SpinCycling Strengt Tina		11.00-12.00 SpinCycling All Terrain Hansi		10.00-11.00 deepWork Gym 3 Sarah	11.00-12.00 Workout Gym 3 Frauke	11.00-12.00 SpinCycling Strength Tina		11.00-12.00 SpinCycling All Terrain Hansi
	12.00-13.00 SpinCycling All Terrain Tina		12.00-13.00 SpinCycling Strength Hansi		11.00+12.00 SpinCycling Intervall / Endurance Hansi	12.00-13.00 Pilates Gym 3 Frauke	12.00-13.00 SpinCycling Fatburner Tina		12.00-13.00 SpinCycling Strength Hansi
	11.15-12.45 Vinyasa & Yin Yoga Gym 1 Nana		11.15-12.45 Vinyasa-Yoga Gym 1 Roman	13.30-14.30 Workout Gym 3 Jasmina	11.15-12.45 Kundalini- Yoga Gym 1 Gudrun	12.00-13.30 Männer-Yoga Gym 1 Paula	11.15-12.45 Vinyasa- YogaYoga Gym 1 Paula	12.00-13.00 Bodypump Gym 1 Katha	11.15-12.45 Hatha-Yoga Gym1 Candida
15.00-16.00 Cardio- Workout Gym1 Isabel	11.00-12.30 Jazz Dance Gym 3 Carlo	14.00-15.00 Cardio-Fit Gym 1 Isabel	11.00-12.30 Jazz Dance Gym 3 Carlo	14.30-15.30 Faszien/ Stretch Gym 3 Jasmina	11.00-12.30 Jazz Dance Gym 3 Carlo		11.00-12.30 Jazz Dance Gym 3 Carlo	13.00-14.00 Workout Bauch/ Rücken Gym 1 Katha	11.00-12.30 Jazz Dance Gym 3 Carlo
16.00-17.00 Rücken-Flow Gym 1 Isabel	13.00-14.00 Zumba Gym 3 Katha	15.00-16.00 Workout/ Rücken Gym 1 Isabel	13.00-14.00 Zumba Gym 3 Sonja	16.00-17.30 Achtsam- keits-Yoga Gym 1 Anja K.	13.00-14.00 Easy Dance Gym 1 Isabel		15.00-16.00 Zumba Gym 3 James		15.00-16.00 Zumba Gym 3 James
	14.00-15.00 Workout Gym 3 Katha		14.00-15.00 Workout Gym 3 Sonja		14.00-15.00 Workout Gym 1 Isabel		16.00-17.00 Workout Gym 3 James		16.00-17.00 Workout Gym 3 James

