

FITNESS & GESUNDHEIT

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09:00 - 09:45 Pilates Tanja - Halle 2	09:00 - 09:45 Seniorengymnastik Conny- Halle 1		09:00 - 09:45 Ladyfit Petra - Halle 2	
		10:00 - 10:45 Beckenboden Beata- Sportraum	10:00 - 10:45 Seniorengymnastik Petra - Halle 1	10:15 - 11:00 Rückenfit Tanja - Halle 2
		16:00 - 16:45 Seniorengymnastik Beata - Halle 1		
16:00 - 16:45 Seniorengymnastik Petra - Halle 1			18:00 - 19:00 Bodyfit Julia - Halle 2	
	18:00 - 19:00 Fitmix Ute - Halle 1		18:30 - 20:00 Laufftreff Michael - Laufbahn	
18:15 - 19:00 Bodyfit Tanja - Halle 1		19:00 - 20:00 Ladyfit Brigitte - Halle 2		
19:00 - 19:45 Rückenfit Tanja - Halle 2				
20:00 - 21:00 Krav Maga Mario – Sportraum				19:00 - 20:00 Krav Maga Mario – Sportraum

