

FITNESSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09.00 – 10.00 Bodytoning (Rebecca)			09.00 – 10.00 Yoga mit Pilates (Rebecca)	09.30 – 10.30 FitBalance
12.15 – 13.15 LineDance	10.15 – 11.15 LineDance	13.00 – 17.30 Schulsport		
16.30 – 17.30 LineDance Kids			16.30 – 17.30 Kinderkarate	
18.00 – 19.00 Pizzica ital. Tanz		18.30 – 19.30 Boxfit + Pitt (Vanessa)	18.00 – 18.55 Pump (Nadja)	
19.00 – 19.45 Zumba (Fabio)	19.00 – 19.45 Zumba (Sandra)		19.00 – 19.55 Pilates (Mirka)	19.15 – 20.30 WeDance
20.00 – 21.00 LineDance			20.15 – 21.30 WeDance	