

Fitnessplan



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09.00 - 10.00 Bodytoning (Rebecca)			09.00 - 10.00 Yoga mit Pilates (Rebecca)	09.40 - 10.40 FitBalance
	10.15 - 11.15 Line Dance			
12.15 - 13.15 Line Dance	11.30-12.30 Line Dance			
		13.00 - 17.30 Schulsport	16.30 - 17.30 Kinderkarate	
18.00 - 19.00 Pizzica Ital. Tanz	18.00-19.00 Pump (Nadja)	18.30 - 19.30 Boxfit + Pitt (Vanessa)	18.00 – 19.00 Pump (Nadja)	
19.00 - 19.45 Zumba (Sandra)	19.00 - 19.45 Zumba (Sandra)	19.30-20.30 Pizzica Ital.Tanz	19.00 - 19.55 Pilates (Mirka)	19.15 - 20.30 WeDance
20.00 - 21.00 Line Dance			20.15 We Dance	