

Fitnessplan



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
10.00 - 11.00 Bodytoning (Regina)			09.00 - 10.00 Yogilates (sanfte Mirka ☺)	09.40 - 10.40 FitBalance
	10.15 - 11.15 Line Dance			
12.15 - 13.15 Line Dance				
		13.00 - 17.30 Schulsport	16.30 - 17.30 Kinderkarate	
	18.00-19.00 Pump (Nadja)	18.00 – 18.30 Fitboxe (Vanessa)	18.00 – 19.00 Pump (Nadja)	
19.00 - 19.45 Zumba (Sandra W.)	19.00 - 19.45 Zumba (Sandra)	18.30 – 19.00 Strong30 (Vanessa)	19.00 - 19.55 Pilates (Mirka)	19.15 - 20.30 WeDance
20.00 - 21.00 Line Dance		19.30-20.30 Pizzica Ital.Tanz	20.15 We Dance	