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| --- | --- | --- | --- | --- | --- |
| **Tag** | **Von** | **Bis** | **Art** | **Instruktor** | **Ersatz** |
|  |  |  |  |  |  |
| Montag | 09.15 | 10.10 | Toning | Sandra N. |  |
|  | 10.15 | 11.10 | Fitness Tai Chi | Sandra N. |  |
|  | 11.15 | 12.10 | WORLD JUMPING® Basic | Ana | **Mit Anmeldung!** |
|  | 12.15 | 13.10 | Pilates | Eva | **Mit Anmeldung!** |
|  | 13.15 | 14.10 | Pilates | Eva | **Mit Anmeldung!** |
|  | **18.15** | **19.10** | **Toning** | **Sonja** |  |
|  | **19.15** | **20.05** | **TRX - Intervall** | **Sonja** | **Mit Anmeldung!** |
|  |  |  |  |  |  |
| **Dienstag** | 08.15 | 09.10 | WORLD JUMPING® | Ana | **Mit Anmeldung!** |
|  | 09.15 | 10.10 | Dance Aerobic | Lidia M. |  |
|  | 10.15 | 11.10 | Vinyasa Flow Yoga | Lidia M. |  |
|  | 18.00 | 18.55 | Rücken Fit | Brigitte |  |
|  | 19.00 | 19.55 | ZUMBA | Lesly |  |
|  | 20.05 | 21.05 | BodyPump® | Sarah |  |
|  |  |  |  |  |  |
| **Mittwoch** | 08.50 | 09.50 | BodyPump® | Sarah |  |
|  | 10.05 | 11.00 | Toning | Réka |  |
|  | 11.05 | 12.00 | ZUMBA Gold | Lesly |  |
|  | 12.15 | 13.00 | Five Gym | Réka |  |
|  | 18.00 | 18.55 | Toning | Sonja H. |  |
|  | 19.00 | 20.00 | BodyCombat® | Rafaela |  |
|  | 20.10 | 21.05 | Tri Yoga | Astrid |  |
|  |  |  |  |  |  |
| **Donnerstag** | 09.15 | 10.10 | Rückenfit | Nicole G |  |
|  | 10.15 | 11.10 | ZUMBA | Lesly |  |
|  | 12.00 | 13.00 | BodyPump® | Marco |  |
|  | **14.00** | **14.55** | **RückenFit** | Réka |  |
|  | 19.10 | 20.10 | WORLD JUMPING® Intervall | Réka | **Mit Anmeldung!!!** |
|  |  |  |  |  |  |
| **Freitag** | 08.10 | 09.10 | BodyPump® | Sarah |  |
|  | 09.15 | 10.10 | Cardio Intervall | Réka |  |
|  | 10.15 | 11.10 | Pilates | Réka |  |
|  | 18.00 | 19:00 | BodyPump® | Sarah |  |
|  |  |  |  |  |  |
| **Samstag** | 08.10 | 09.05 | Step für Mittel bis Fortgeschrittene | Beatrice |  |
|  | 09.15 | 10.10 | ZUMBA | Lesly |  |
|  | 10.15 | 11.10 | WORLD JUMPING® | Réka | **Ana Mit Anmeldung!!!** |
|  |  |  |  |  |  |
| **Sonntag** | **10.15** | **11.15** | BodyPump® | Kerstin | Mit Anmeldung! |
| **NEU** | **11.30** | **12.30** | BodyCombat® | Sybille | Bitte mit Anmeldung bis Sonntag 9 Uhr |

**Group-Fitness 10.02.2020 –16.02.2020**