

AEROBIC PLAN

ZEIT	WAS	WER
MONTAG 09:00 - 10:00 10:00 - 11:00 12:15 - 13:15 13:45 - 14:45 18:15 - 19:15 19:15 - 20:15	 ZUMBA fitness YOGA  ZUMBA fitness TAE BO STEP BODY TONING	LESLY G. MEENAKSHI NICOLE R. SANDRA G. MONIKA MONIKA
DIENSTAG 09:00 - 10:00 10:00 - 11:00 12:15 - 13:15 18:15 - 19:15 19:15 - 20:15	PILATES  ZUMBA fitness  SCHWINN CYCLING TAE BO  SCHWINN CYCLING	SARAH H. ANDREA R. SANDRA G. TAMARA L.
MITTWOCH 09:00 - 10:00 10:00 - 11:00 18:00 - 19:00 19:00 - 20:00 20:00 - 21:00	PUMP IT! RÜCKEN FIT! PUMP IT! Bauch Beine Po Pilates	JENNY RAFFI ALESSANDRO F. LAURA T. LAURA T.
DONNERSTAG 12:15 - 13:15 16:30 - 17:30 18:15 - 19:15 19:15 - 20:15	 SCHWINN CYCLING KARATE KIDS!  SCHWINN CYCLING  ZUMBA fitness	MANUEL M. YVONNE M. HANS K. LESLY G.
FREITAG 12:15 - 13:15 18:15 - 19:15 19:15 - 20:15	 ZUMBA fitness TAE BO  ZUMBA fitness	ALESSANDRO F. SANDRA G. ANDREA R.
SAMSTAG 10:00 - 11:00 11:00 - 12:00	 SCHWINN CYCLING  ZUMBA KIDS!	MANUEL M. YVONNE M.
SONNTAG 10:15 - 11:15	 ZUMBA fitness	CLAUDIA B.