

## Group-Fitness 18.03.2019 - 24.03.2019

| Tag               | Von          | Bis          | Art                                  | Instruktor    | Ersatz                  |
|-------------------|--------------|--------------|--------------------------------------|---------------|-------------------------|
| <b>Montag</b>     | 09.15        | 10.10        | Toning                               | Sandra N.     |                         |
|                   | 10.15        | 11.10        | Fitness Tai Chi                      | Sandra N.     |                         |
|                   | 11.15        | 12.10        | WORLD JUMPING® Basic                 | Grit          | <b>Mit Anmeldung!</b>   |
|                   | <b>12.15</b> | <b>13.10</b> | <b>Pilates</b>                       | <b>Eva</b>    | <b>Mit Anmeldung!</b>   |
|                   | <b>13.15</b> | <b>14.10</b> | <b>Pilates</b>                       | <b>Eva</b>    | <b>Mit Anmeldung!</b>   |
|                   | 18.15        | 19.10        | TRX (begrenzte Anzahl Plätze)        | Sonja         | <b>Mit Anmeldung!</b>   |
|                   | 19.15        | 20.10        | Toning                               | Sonja         |                         |
| <b>Dienstag</b>   | 08.15        | 09.10        | WORLD JUMPING®                       | Ana           | <b>Mit Anmeldung!</b>   |
|                   | 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®                            | Moni          | <b>Edit</b>             |
| <b>Mittwoch</b>   | <b>09.00</b> | <b>09.55</b> | <b>BodyPump®</b>                     | <b>Andrea</b> |                         |
|                   | 10.05        | 11.00        | Toning                               | Réka          |                         |
|                   | 11.05        | 12.00        | Zumba Gold                           | Lesly         |                         |
|                   | 12.15        | 13.00        | Five Gym                             | Grit          |                         |
|                   | 18.00        | 18.55        | Toning                               | Sonja H.      |                         |
|                   | 19.00        | 20.00        | BodyCombat®                          | Rafaela       |                         |
|                   | 20.10        | 21.05        | TriYoga                              | Astrid        |                         |
| <b>Donnerstag</b> | 09.15        | 10.10        | Rücken Fit                           | Nicole G      |                         |
|                   | 10.15        | 11.10        | Zumba                                | Lesly         |                         |
|                   | 11.15        | 11.45        | Yoga Balance                         | Grit          |                         |
|                   | 12.00        | 13.00        | BodyPump®                            | Moni          |                         |
|                   | <b>14.00</b> | <b>14.55</b> | <b>RückenFit</b>                     | <b>Grit</b>   | <b>NEU!!!</b>           |
|                   | <b>19.10</b> | <b>20.10</b> | <b>WORLD JUMPING® Intervall</b>      | <b>Ana</b>    | <b>Mit Anmeldung!!!</b> |
|                   | <b>20.15</b> | <b>21.00</b> | <b>BodyBalance®</b>                  | <b>Olaf</b>   | <b>Neu!!!! NEU</b>      |
| <b>Freitag</b>    | 08.10        | 09.10        | BodyPump®                            | Sarah         |                         |
|                   | <b>09.15</b> | <b>10.10</b> | <b>Cardio Intervall</b>              | <b>Réka</b>   |                         |
|                   | <b>10.15</b> | <b>11.10</b> | <b>Pilates</b>                       | <b>Réka</b>   |                         |
|                   | 18.00        | 19.00        | BodyPump®                            | Moni          |                         |
|                   | 19.10        | 20.10        | BodyCombat®                          | Rafaela       |                         |
| <b>Samstag</b>    | 08.10        | 09.05        | Step für Mittel bis Fortgeschrittene | Beatrice      |                         |
|                   | 09.15        | 10.10        | Zumba                                | Lesly         |                         |
|                   | <b>10.15</b> | <b>11.10</b> | <b>WORLD JUMPING® Intervall</b>      | <b>Ana</b>    | <b>Mit Anmeldung!</b>   |
| <b>Sonntag</b>    | <b>10.15</b> | <b>11.15</b> | <b>BodyPump®</b>                     | <b>Moni</b>   | <b>Mit Anmeldung!</b>   |