

Kursplan

29.04.2024 - 05.05.2024

Montag 29.04.2024	Dienstag 30.04.2024	Mittwoch 01.05.2024	Donnerstag 02.05.2024	Freitag 03.05.2024	Samstag 04.05.2024	Sonntag 05.05.2024
08:30 - 09:15 50 plus Uwe Vogt	08:30 - 09:15 Fit in den Tag Antje Berger	08:30 - 09:30 LES MILLS Bodybalan... Jeannette Rott	08:00 - 08:45 Rücken aktiv Antje Berger	08:45 - 09:45 Les Mills Bodypump Kristin Werner	09:30 - 10:30 Les Mills Bodypump Elisa Gachet	09:30 - 10:30 Les Mills Bodyattac... Anja Schröter
08:30 - 09:15 Rücken aktiv Jeannette Rott	09:30 - 10:15 Zumba Fitness Angelika Wagenschwanz	08:30 - 09:15 Fit in den Tag Chris Albrecht	08:45 - 09:30 Yoga Antje Berger	10:00 - 10:45 Jumping Fitness Lars Pennewiss	10:45 - 11:45 Zumba Toning Lissy Hübner	10:45 - 11:45 Spinning unsere Spinning Kursleiter
09:30 - 10:15 Pilates Jeannette Rott	09:30 - 10:00 4D Pro Jenne	09:30 - 10:15 five Rücken & Gelen... Jeannette Rott	09:45 - 10:30 Zumba Gold Brenda Caldelas Garcia	11:00 - 11:45 Yoga Claudia Schulze	10:45 - 11:15 LES MILLS Bodybalan... Susann Wittig, Jeannette	10:45 - 11:15 LES MILLS Core Anja Schröter
09:30 - 10:15 Iron Body move Lars Pennewiss	10:30 - 11:15 five Rücken & Gelen... Angelika Wagenschwanz	10:30 - 11:30 Iron Body move Lars Pennewiss	10:45 - 11:30 Stretching & Entspa... Brenda Caldelas Garcia	16:00 - 16:45 Jumping Fitness Brenda Candelas Garcia	11:30 - 11:55 BALLance Jeannette Rott, Antje Ber	12:00 - 12:30 4D Pro Grit Strobel, Tim Spaleck
10:30 - 11:15 five Rücken & Gelen... Jeannette Rott	16:00 - 16:45 five Rücken & Gelen... Uwe Vogt	10:30 - 11:00 Funktionelles Ganzk... Jeannette Rott	11:30 - 11:55 BALLance Uwe Vogt	17:00 - 18:00 Zumba Fitness Lissy Hübner		
16:45 - 17:45 Les Mills Bodypump Heiko Schröter	17:00 - 18:00 LES MILLS Bodybalan... externer Kursleiter	16:00 - 16:45 Les Mills Bodypump Kristin Werner	15:45 - 16:30 five Rücken & Gelen... Jonas Deregowski	17:30 - 18:00 kurz & knackig Antje Berger		
17:15 - 17:45 LES MILLS Core Jonas Gachet	17:00 - 18:00 athleticflow Annabelle Zoeger	17:00 - 17:45 Zumba Fitness Angelika Wagenschwanz	17:00 - 17:45 Zumba Fitness Angelika Wagenschwanz	18:15 - 18:45 Stretching & Entspa... Lissy Hübner		
18:00 - 18:45 Zumba Fitness Lissy Hübner	18:15 - 19:15 Les Mills Bodypump Heiko Schröter	17:00 - 17:45 RPM Susan Gerhardt	18:00 - 18:30 Les Mills Bodyattac... Elisa Gachet			
18:00 - 18:30 4D Pro Grit Strobel	18:15 - 18:45 Funktionelles Ganzk... Jonas Gachet	18:00 - 18:45 Jumping Fitness Antje Berger	18:00 - 18:30 4D Pro Jenne			
18:00 - 18:30 Funktionelles Ganzk... Tim Spaleck	18:15 - 19:15 Salsation Marie Krümmling	18:00 - 18:45 LES MILLS Core Kristin Werner	18:00 - 18:30 Kraft & Beweglicke... Annabell Zoeger			
18:00 - 18:45 RPM Susan Gerhardt	19:30 - 20:30 Spinning Jens Kozlik	19:00 - 20:00 LES MILLS Bodybalan... Antje Berger	18:45 - 19:45 Les Mills Bodypump Heiko Schröter			
19:00 - 20:00 Yoga intensiv Heike Langguth			18:45 - 19:45 Yoga Xenia			
19:00 - 20:00 LMI Step Anja Schröter			19:55 - 20:20 Abendentspannung Annabell Zoeter			
20:05 - 20:50 five Rücken & Gelen... Claudia Schulze			20:00 - 20:30 LES MILLS Core Maxi			