


| Uhrzeit | Montag   | Dienstag  | Mittwoch  | Donnerstag  | Freitag |  |
|---------|--|---|---|---|---------|--|
| 10:00   | 10:00 - 11:00<br><b>Rückenfit 50+</b><br><br><i>Petra</i>  |   | 10:00 - 11:00<br><b>Seniorenttraining</b><br><br><i>Petra</i>     | 10:00 - 11:00<br><b>Bodywork 50+</b><br><br><i>Andrea</i> |         |  |
| 11:00   |  |   |   |   |         |  |
| 14:00   |  |   |   |   |         |  |
| 15:00   | <br><b>Frühjahr 2024</b> |   |   |   |         |  |
|         |  |   |   |   |         |  |
| 16:00   |  |   |   |   |         |  |
| 17:00   | 17:00 - 18:00<br><b>Bodywork 50+</b><br><br><i>Petra</i>   | 17:00 - 18:00<br><b>Zumba Gold®</b><br><br><i>Andrea</i>  |   |   |         |  |
| 17:30   |  |   |   |   |         |  |
| 17:50   |  |   |   |   |         |  |
| 18:00   |  |   |   |   |         |  |
| 18:15   | 18:15 – 19:15<br><b>Tabata</b><br><br><i>Jasi/Johanna</i>  |   | 18:15 – 19:15<br><b>Strong Nation®</b><br><br><i>Jasi/Johanna</i> |   |         |  |
| 18:30   |  |   |   |   |         |  |
| 19:00   |  |   |   |   |         |  |
| 19:15   |  |   |   |   |         |  |
| 19:30   | 19:30 – 20:30<br><b>Zumba Fitness®</b><br><br><i>Andrea</i>  | 19:30 – 20:30<br><b>HIIT</b><br><br><i>Johanna/Andrea</i> | 19:30 – 20:30<br><b>YOGA</b><br><br><i>Mariella</i>               | 19:30 – 20:30<br><b>deepWORK®</b><br><br><i>Andrea</i>    |         |  |
| 20:00   |  |   |   |   |         |  |
| 20:15   |  |   |   |   |         |  |
| 20:30   |  |   |   |   |         |  |