

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