

### Kursplan Frühjahr/Sommer 12

		Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
VORMITTAG		9.00 – 10.00 BodyMix Andrea		9.00 – 10.00 BodyMix Andrea		9.30 – 10.30 SpinnGa! Sandra	
							10.30 – 11.30 ZUMBA Micky
NACHM.						17.00 - 18.00 Hatha Yoga Ute	
		18.00 – 19.00 Rücken Fit Micky	18.00 - 19.00 Indoor Cycling Sandra	18.00 – 19.00 Step-Aerobic Tanja	18.00 – 19.00 Body Pump Micky		
A B E N D		19.00 – 20.00 Step Aerobic Micky	19.30 - 20.30 Hatha Yoga Sandra	19.00 – 20.00 Bodyworkout Tanja	19.00 – 20.00 ZUMBA Micky		
				20.30 - 21.30 Intensiv Yoga Sandra			