

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:15 Body Shape 50+ Angelika 0:55	09:15 Functional Zirkel Maggi <b>TF</b> 0:55	09:15 Fitness Mix Manuela 0:55	09:15 Body Shape 50+ Angelika 0:55			10:00 Fitness Mix Karin 0:55
10:15 Rückenfit & Stretch Angelika 0:55	10:15 <b>NEU!</b>  Maggi 0:55	<b>TF</b> Kurs findet auf der Trainingsfläche statt	10:15  Stretch Angelika 0:25		10:00 <b>NEU!</b> Cycling Sabine 0:55	11:30 Hatha Yoga Santosh 1:25

Aktueller Vertretungsplan unter [www.sportpark-fitness.de](http://www.sportpark-fitness.de)

	17:15  Functional Training Heike 0:25		16:00 <b>NEU!</b>  Maggi 0:55
17:45  CRUNCH Mirjam 0:25	17:45  CRUNCH Heike 0:25	17:45  CRUNCH Angelika 0:25	17:45  CRUNCH/Catslide™ Maggi 0:25
18:15 Pilates Mirjam 0:55	18:15 BBP Viktoria 0:55	18:15  ZUMBA Jessica 0:55	18:15 Vinyasa Power Yoga Ela 1:25
19:15 deepWORK™ Mirjam 0:55	19:15 <b>NEU!</b>  Viktoria 0:55	19:15 Muscle Fire Karin 0:55	19:45 <b>NEU!</b> Cycling Sabine 0:55
20:15 Cycling Andy 0:55		20:15 WSG Angelika 0:55	

