

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30  WORLD JUMPING 1 Sarina 0:55	09:30 Body Shape 1 Julia 0:55	09:30 Step & Shape 1  Valentina 0:55	09:00 BODY CROSS 2 Nadja 0:55	09:30 Body Shape 1  Jule 0:55	10:00 Body Shape 1 Tanja 0:55	09:30 Hatha Yoga 2 Santosh 1:25
10:30 Body Shape 1  Sarina 0:55	09:30 Zirkel 50+ <small>LadyFit</small> Patrick 0:55	10:30 Pilates & Relax 1  Valentina 0:55	09:30 Pilates 1 Lina 0:55	10:30 Wirbelsäulen Gymnastik 1  Jule 0:55	11:00  ZUMBA 1 Tanja 0:55	10:00 JOKER 1 Team 0:55
	10:00 BODY CROSS 2 Nadja 0:55		09:30 Zirkel 50+ <small>LadyFit</small> Patrick 0:55			11:00 Body Shape 1 Team 0:55
	10:30 Wirbelsäulen Gymnastik 1 Julia 0:55		10:30 Bodyshape 60+ 1 Patrick 0:55			

Aktueller Vertretungsplan unter www.sportpark-fitness.de

17:00  Wirbelsäulen Gymnastik + Relax Manuela 0:55	17:00 Wirbelsäulen Gymnastik  Steffi 0:55			17:00 Bodyshape 1 Irina 0:55
18:00 Body Shape 1  Manuela 0:55	18:00 Pilates 2  Steffi 0:55	18:00 Body Shape 1 Doris 0:55	18:00 Step 1  Sarina 0:55	17:00 TRX & BLACKROLL 2 Lukas 0:55
18:30 CRUNCH 2  Valentina <small>25 min PRESS</small> 0:25	18:00 Aerobic & Step Basic 1  Manuela 0:55	18:30 TRX 2  Lukas <small>25 min PRESS</small> 0:25	18:30 CRUNCH 2  Team <small>25 min PRESS</small> 0:25	18:00 WORLD JUMPING 1  Viktoria 0:55
19:00 BODY CROSS 1 Lisa 0:55	19:00 WORLD JUMPING 1  Steffi 0:55	19:00 Dance Step 1 Doris 0:55	19:00 Body Shape 1 Sarina 0:55	18:00 Functional Zirkel 2 Andy 0:55
19:00 Pilates 2 Valentina 0:55	20:15  Cycling 2 Joe 1:25	19:00 Vinyasa Power Yoga Ela 1:10	19:00  ZUMBA 2 Jessica 0:55	KINDERBETREUUNG Mo, Mi, Fr: 09:30-12:00 Uhr Mo, Di & Do: 17:00-19.30 Uhr
20:00  ZUMBA 1 Viktoria 0:55		20:15 Cycling 2 Andy 1:25	20:00  PILOXING 1 Joanna 1:25	
20:00  Cycling 2 Tanja 1:25				

