

HdZ - Gymnastikraum

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	Bodystyle 10:15 - 11:30	Frauen Gymnastik I 9:15 - 10:15	Functional Yoga 9:30 - 10:30	Frauen Gymnastik 50+ 9:30 - 10:45		
		Seniorinnen 60+ 10:30 - 11:30				
Gymnastik & Dance 4 - 6 Jahre 15:00 - 15:55						
Gym & Dance 7 - 9 Jahre 16:00 - 17:00						
Basic Yogaflow 17:05 - 18:05		Dance Kids 6 - 9 Jahre 16:45 - 17:45		Gym & Dance 10 - 13 Jahre 16:00 - 17:15		
Zumba® 18:30 - 19:30		Herzsport 17:45 - 19:00	Rückengymnastik 17:30 - 18:30	Pilates 18:00 - 19:00		Tanzkreis 18:00 - 19:30
Bodyweight Fitness 19:30 - 20:30	Jumping Fitness 18:30 - 19:30	Body Work Out 19:00 - 20:00	Step Aerobic 18:45 - 20:00	Body Work Out 19:00 - 20:00		
	Strong™ by Zumba® 19:45 - 20:45	Frauen Gymnastik II 20:00 - 21:00	Jumping Fitness 20:00 - 21:00			