

# Kursplan femme vitale Februar 2012

Einsteiger (1) - Fortgeschrittene (2) - Könner (3) - Alle (X)

	09:00	10:00	16:00	17:00	18:00	19:00	20:00	
Mi 1.	9:30h Senior Concept (X) Nicole			Zumba (2) Dany	Bodystyl. (2) Katja	Fatburner (2) Kerstin	Pilates (X) Kerstin	Mi
Do 2.				Step (2) Kristin	Zumba (1) Dany	Spinning (2)	20:10 Yoga (1) Iris	Do
Fr 3.				Fit Box (1) Fatme	Rückenfitness (X) Michi	19-20 Uhr VINO		Fr
Sa 4.								Sa
So 5.	12 BBP (2) Temi							So

	09:00	10:00	16:00	17:00	18:00	19:00	20:00	
Mo 6.	9:30h 50+ (X) Claudia			Bodystyl. (3) Steffi	Aerobic (2/3) Steffi	Rückenfitness (X) Katja	BBP (2) Manu	Mo
Di 7.				Step-Fatburner (2) Kristin	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 8.	9:30h Senior Concept (X) Nicole			Zumba (2) Dany	Bodystyl. (2) Katja	Fatburner (2) Kerstin	Pilates (X) Kerstin	Mi
Do 9.			Bebo (X) Gudrun	Step (2) Kristin	Zumba (1) Dany	Spinning (2)	20:10 Yoga (1) Iris	Do
Fr 10.				Fit Box (1) Fatme	Rückenfitness (X) Claudia			Fr
Sa 11.								Sa
So 12.	12 Step-Fatburner (2) Manu							So

	09:00	16:00	17:00	18:00	19:00	20:00		
Mo 13.	9:30h 50+ (X) Claudia		Bodystyl. (3) Steffi	Aerobic (2/3) Steffi	Rückenfitness (X) Katja	BBP (2) Manu	Mo	
Di 14.			Step-Fatburner (2) Nicole	Spinning (3)	19:15 Yoga (2) Iris		Di	
Mi 15.	9:30h Senior Concept (X) Nicole		Zumba (2) Dany	Bodystyl. (2) Katja	Fatburner (2) Kerstin	Pilates (X) Kerstin	Mi	
Do 16.			Bebo (X) Gudrun	Step (2) Kristin	Zumba (1) Dany	Spinning (2)	20:10 Yoga (1) Iris	Do
Fr 17.			Fit Box (1) Fatme	Rückenfitness (X) Claudia			Fr	
Sa 18.	Wellnesstag		14:30 Mobilisation +	15h Body & Soul Nicole	16h Pilates (X) Claudia	17h Nackenschule (X) Claudia	Sa	
So 19.	12 BBP (2) Temi							So

	09:00	16:00	17:00	18:00	19:00	20:00		
Mo 20.	ROSENMONTAG 9:30h 50+ (X) Claudia		Bodystyl. (3) Steffi	Aerobic (2/3) Steffi	Rückenfitness (X) Katja	BBP (2) Manu	Mo	
Di 21.			Step-Fatburner (2) Kerstin	Spinning (3)	19:15 Yoga (2) Iris		Di	
Mi 22.	9:30h Senior Concept (X) Nicole		Zumba (2) Dany	Bodystyl. (2) Katja	Fatburner (2) Kerstin	Pilates (X) Kerstin	Mi	
Do 23.			Bebo (X) Gudrun	Step (2) Kristin	Zumba (1) Dany	Spinning (2)	20:10 Yoga (1) Iris	Do
Fr 24.			Fit Box (1) Fatme	Rückenfitness (X) Michi			Fr	
Sa 25.								Sa
So 26.								So

	09:00	16:00	17:00	18:00	19:00	20:00	
Mo 27.	9:30h 50+ (X) Claudia		Bodystyl. (3) Steffi	Aerobic (2/3) Steffi	Rückenfitness (X) Katja	BBP (2) Manu	Mo
Di 28.			Step-Fatburner (2) Nicole	Spinning (3)	19:15 Yoga (2) Iris		Di
Mi 29.	9:30h Senior Concept (X) Nicole		Zumba (2) Dany	Bodystyl. (2) Katja	Fatburner (2) Kerstin	Pilates (X) Kerstin	Mi