



	24.12.2019	25.12.2019	26.12.2019	31.12.2019	01.01.2020
Sportzentrum	07.30 - 15.00	RUHETAG	14.00 - 21.00	07.30 - 15.00	14.00 - 21.00
Studio	07.30 - 14.30		14.00 - 20.30	07.30 - 14.30	14.00 - 20.30
Kurse	09.30 - 10.25 Fitnessgymnastik* Brit			10.00 - 10.55 Fitnessgymnastik* Brit	
	10.30 - 11.25 Langhantel-Workout* Brit		14.30 - 15.25 Step Aerobic** Lisa	11.00 - 11.55 Langhantel-Workout* Brit	14.30 - 15.55 Inside Flow Yoga* Felix
			15.30 - 16.25 bodyART** Lisa	12.00 - 12.55 Pilates* Irene	
			16.00 - 17.00 Cycling Surprise* Jenny	13.00 - 13.55 BALLance* Irene	
			17.00 - 18.00 Cycling Surprise* Christian		

*Kursraum 2.OG

**Saal 1, 1.OG