

# GYMNASTIK KURSPLAN (Indoor / Outdoor) (Ab 21.06.2021)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 – 10:25 <b>Bodyfit</b> (Andrea W.)	10:00 – 10:50 <b>Pilates</b> (Evi)	09:30 - 10:25 <b>Pilates Faszien</b> (Ying)	10:00 - 10:50 <b>Rückenfit</b> (Ying)	10:00 - 10:55 <b>Rücken Basic</b> (Marisa)	10:15 - 11:10 <b>Bodyfit</b> (wechselnde Trainer)	
10:35 – 11:30 <b>Rückensoft</b> (Ute)	11:00 – 11:55 <b>Rückensoft</b> (Michi)	10:45 – 12:15 <b>Yoga</b> (Mel) <b>Neu!</b>	11:00 - 11:55 <b>Pilates</b> (Evi/Maike)	11:05 – 12:00 <b>Pilates</b> (Ying)		<b>Spinning</b> (Werner) Weekend Special*
						*Siehe Aushang
17:30 – 19:00 <b>Yoga</b> (Doro) <b>Neu!</b>						
18:00 – 18:55 Athletic <b>Outdoor</b> Workout (Maike)	19:00 - 19:55 <b>Pilates</b> (Evi)	18:00 – 18:50 <b>Pilates</b> (Maike)	18:00 - 18:55 Athletic <b>Outdoor</b> Workout (Ben)	17:30 - 18:25 <b>Rückenfit</b> (Sabine)		
19:10 – 20:05 <b>Faszien Fit</b> (Nele)	19:00 - 19:55 Athletic <b>Outdoor</b> Workout (Ben)	18:00 – 18:55 Athletic <b>Outdoor</b> Workout (Michi)	19:00 – 19:55 <b>Pilates</b> (Simone)	18:35 – 19:30 <b>Bodyfit</b> (Heike)		
		19:05 - 20:00 <b>Bauch Beine Po</b> (Nele)				