

Group Fitness | Kinderhütendienst

Frühlingsferien 07.04.25 – 12.04.25

| Tag | Datum | Kurszeit | Kurs | Leiter/In |
|--------------------------|-----------------|---------------|------------------------|-----------|
| Montag | 07.04.25 | 08.30 - 09.25 | Step / Body | Nicole |
| | | 09.30 – 10.25 | Pilates | Nicole |
| | | 18.00 – 19.00 | Zumba | Daniela |
| | | 19.00 – 19.55 | Pump | Corinne |
| | | 20.00 – 20.55 | Yoga | Ingrid |
| Kinderhütendienst | | 08.15 – 11.30 | Sonja | |
| Dienstag | 08.04.25 | 08.30 – 09.25 | Zumba | Rosa |
| | | 09.30 – 10.25 | Rückenfit | Jasmin |
| | | 18.00 – 18.55 | Bauch-Beine-Po | Prisca |
| | | 19.00 – 19.55 | Funktional Training | Prisca |
| Kinderhütendienst | | 08.15 – 11.30 | Anita | |
| Mittwoch | 09.04.25 | 08.30 – 09.25 | Bodytoning | Damaris |
| | | 09.30 – 10.25 | Pilates | Damaris |
| | | 18.00 – 18.55 | Pump | Corinne |
| | | 19.00 – 19.55 | Zumba | Sara |
| | | 20.00 – 20.55 | Zumba | Sara |
| Kinderhütendienst | | 08.15 – 11.30 | Stefania | |
| Donnerstag | 10.04.25 | 08.30 – 09.25 | Step / Body | Damaris |
| | | 09.30 – 10.25 | Pilates | Damaris |
| | | 10.30 – 11.25 | Fit für Junggebliebene | Yvonne |
| | | 18.00 – 18.55 | Funktional Training | Simona |
| | | 19.00 – 19.30 | M.A.X. | Nicole |
| | | 19.30 – 20.00 | smartAbs | Nicole |
| Kinderhütendienst | | 08.15 – 11.30 | Stefania | |
| Freitag | 11.04.25 | 08.30 – 09.25 | Funktional Training | Simona |
| | | 09.45 – 10.40 | Rückenfit | Jasmin |
| Kinderhütendienst | | 08.15 – 11.30 | Anita | |
| Samstag | 12.04.25 | 09.30 – 10.25 | Bodytoning | Carmelina |