




Kursplan vom 30. August bis 5. September

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Westside	Westside	Westside	Westside	Westside	Westside	Westside
Datum	Datum	Datum	Datum	Datum	Datum	Datum
30. Aug	31. Aug	01. Sep	02. Sep	03. Sep	04. Sep	05. Sep
9:30-10:40 Power Vit Yoga <i>Colette</i>	9.15-10.15 WBS-Stretching <i>Liza</i>	9.15-10.45 Yoga <i>Conny</i>	9.30-10.30 Gesunder Rücken <i>Gisela</i>	9.15-10.15 Step (Intro + class) <i>Colette</i>		9.45-10.45 Gesunder Rücken <i>Gisela</i>
	10.15-11.15 Bodypower <i>Barbara</i>	10.45-11.45 gesunder Rücken <i>Barbara</i>	10.30-11.30 Pilates <i>Gisela</i>	10.15-11.15 gesunder Rücken <i>Colette</i>	10.30-11.30 Step (M/F) <i>Renate</i>	10.45-12.15 Yoga <i>Gisela</i>
	11.30-12.15 Aquarobic <i>Barbara</i>	11.45-12.15 Aquarobic <i>Barbara</i>			11.30-12.30 Bodystyling <i>Renate</i>	
18.45-19.30 Gesunder Rücken <i>Liza</i>	18.00-18.45 BBP <i>Gabi</i>	18.00-19.30 Yoga <i>Gisela</i>		18.30-19.30 Bodystyling <i>Petra</i>		18.30-20.00 Yoga <i>Andrea</i>
19.30-20.15 BBP <i>Liza</i>	18.45-19.45 Step (M) <i>Gabi</i>	19.30-20.30 Gesunder Rücken <i>Gisela</i>	19.30-20.30 Step (F) <i>Petra</i>	19.30-21.00 Yoga <i>Andrea</i>		
20.15-21.15 Stretching <i>Liza</i>	