

| Montag  | Dienstag  | Mittwoch   | Donnerstag  | Freitag  | Samstag | Sonntag   |
|---|---|--|---|--|---------|---|
| <b>Yoga</b><br><b>8:30 – 9:40 Uhr</b><br>Brigitte               | <b>BungeeFit</b><br><b>6:30 – 7:10 Uhr</b><br>Andrea & Sandra |  |   |  |         |   |
|   |   | <b>Jumping Fitness</b><br><b>17:30 – 18:10 Uhr</b><br>Lisa | <b>BungeeFit</b><br><b>17:45 – 18:25 Uhr</b><br>Andrea & Sandra | <b>Yoga</b><br><b>17:30 – 19:00 Uhr</b><br>Karin |         | <b>Yoga für Schwangere</b><br><b>17:30 – 18:30</b><br>Sabrina |
| <b>Jumping Fitness</b><br><b>18:30 – 19:10 Uhr</b><br>Lisa      |   | <b>Jumping Fitness</b><br><b>18:30 – 19:10 Uhr</b><br>Lisa | <b>Zumba</b><br><b>18:30 – 19:20 Uhr</b><br>Nadja               |  |         |   |
| <b>BungeeFit</b><br><b>19:30 – 20:10 Uhr</b><br>Andrea & Sandra | <b>Nirvana Fitness</b><br><b>19:15 – 20:15</b><br>Tonka       | <b>Smovey Kurs</b><br><b>19:30 – 20:30 Uhr</b><br>Sonja    |   |  |         | <b>Yoga</b><br><b>19:00 – 20:15</b><br>Sabrina                |
| <b>BungeeFit</b><br><b>20:30 – 21:10 Uhr</b><br>Andrea & Sandra |   |  |   |  |         |   |