



Fitness Kursplan 2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Pilates 09.00 - 09.50 Tiziana Aqua-Power 10.20 - 11.00 Peter Aqua-Wellness 11.10 - 11.30 Peter	Rücken/Bauch 10.05 - 10.45 Daniela Yoga 10.50 - 11.40 Daniela	Bodytoning/Stretching 09.10 - 10.00 Nina Aqua-Power 10.20 - 11.00 Nina Aqua-Wellness 11.10 - 11.30 Nina	Body-Toning 10.05 - 10.45 Daniela Yoga 10.50 - 11.30 Daniela	Aqua-Power 10.20 - 11.00 Peter Aqua-Wellness 11.10 - 11.30 Peter
Pilates 18.10 - 19.00 Tiziana		Fatburner 18.00 - 18.55 Tiziana		