

KURSPLAN LAHR

WINTER 2018/19 - ab 15. Oktober

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09:30-10:30 Wirbelsäulen Gymnastik Manuela		09:30-10:00 Crunch Jessica		
10:30-11:00 Stretching Manuela	18:00-18:30 TRX Maggi	10:00-11:00  ZUMBA Jessica	18:00-18:30 TRX Mareike	
18:30-19:30 Fatburner Aerobic Heike	18:30-19:30 Bodyshape Maggi	18:30-19:30  ZUMBA Helena	18:30-19:30 Aerobic & Step Anna <small>BASIC</small>	
19:30-20:00 Crunch Heike	19:30-20:00 Catslide™/Crunch Maggi	19:30-20:00 Crunch Helena	18:30-19:30 Crunch Jessica	
			18:30-19:30  ZUMBA Jessica	