

Kursplan ab Februar 2019

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Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Samstag		Sonntag	
11.00-12.00h	Zumba Fitness Melanie			11.00 - 12.00h	Aquazumba Melanie (Rheinmain- Therme Hofheim)			10.00-11.00 h	Jumping Fitness Melanie	10.00 - 11.00h	Selbsverteidigung (Fighter-Fitness- Academy)		Sonntags geschlossen
				Aquazumba in der Rheinmain Therme	(nur Eintritt erforderlich- keine Kursgebühr)					11.00 - 12.00h	Piloxing Sophia		
17.00-18.00h	Zumba Gold Melanie	17.00-18.00h	Variosling Melanie	17.00-18.00h	Zumba Gold Melanie	17.00-18.00h	Deep Work Melanie	17.00-18.00h	Funcional Circle Melanie	12.00 - 13.00h	Jumping Fitness Sophia		
18.00- 19.00h	Jumping Fitness Corinna	18.00-18.30h	Tabata Workout Melanie	18.00-19.00h	Breakletics Melanie	18.00-19.00h	Faszien-Fitness/ Funcional Faszien- Fitness Melanie	18.00-19.00h	Jumping Fitness Melanie				
19.00- 20.00h	Zumba Fitness Silvio	19.00-20.00h	Jumping Fitness Melanie	19.00-20.00h	Zumba Fitness Melanie	18.00-19.00h	Jumping Fitness Daniela	19.00-20.00h	Zumba Fitness Silvio				
20.15-21.00h	Jumping Tabata Melanie	20.00 -21.00h	Deep - Work Melanie	19.00-20.00h	Piloxing Sophia	19.00-20.00h	Zumba Fitness Silvio	19.15-20.00h	Pound Melanie				
21.00-22.00h	Variosling Melanie	20.00 -21.00h	Yoga Julia	20.00-21.00h	Jumping Fitness Silvio	19.00-20.00h	Rücken-Fit Rina	20.00-21.00h	Strong by Zumba Melanie (nur mit Vor Anmeldung)				
		21.00-22.00	BBP (Bauch Beine Po) Melanie	21.00-22.00h	Body-Power Melanie	20.00-21.00h	Jumping Fitness Melanie						
						20.00 - 21.00h	Bodystyling Rina						
						21.00-22.00h	Zumba Toning Melanie						

