Kursplan ab 15. Oktober 2018

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	Selbsrverteidigung (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 Sophia	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				
18.00-18.45h	Faszien Fitness Bettina	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				
18.45-19.45h	Core-Fit Bettina	20.00 -21.00h	Yoga Julia	20.00-21.00h	Jumping Fitness Silvio	20.00-21.00h	Jumping Fitness Melanie	20.00-21.00h	Strong by Zumba Melanie (nur mit Voranmeldung)				
19.45-20.15h	PME progressive Muskelentspannung Bettina	21.00-22.00	BBP (Bauch Beine Po) Melanie	21.00-22.00h	Body-Power Melanie	21.00-22.00h	Zumba Toning Melanie						
20.15-21.00h	Jumping Tabata Melanie												
21.00-22.00h	Variosling Melanie												