Kursplan Herbst/Winter 2019 (ab 01.09.2019)

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				Sonntags geschlossen
				Aquazumba in der Rheinmain Therme	(nur Eintritt erforderlich- keine Kursgebühr)					11.00 - 12.00h	Jumping Fitness Natalie		
17.00-18.00h	Zumba Gold Melanie	17.00-18.00h	Faszien-Fitness Melanie	17.00-18.00h	Pilates Melanie	17.00-18.00h	Deep Work Melanie	17.00-18.00h	Funcional Circle Melanie				
18.00- 19.00h	Jumping Fitness Daniela	18.00-18.30h	Tabata Workout Melanie	18.00-19.00h	Breakletics Melanie	18.00-19.00h	Variosling Melanie	18.00-19.00h	Jumping Fitness Melanie				
18.00- 19.00h	Bodyfit - BBP (Bauch Beine Po) Peter	19.00-20.00h	Jumping Fitness Melanie	19.00-20.00h	Zumba Fitness Melanie	18.00-19.00h	Jumping Fitness Corinna	19.00-20.00h	Zumba Fitness (Paola/Witek)				
19.00- 20.00h	Zumba Fitness Daniela	20.00 -21.00h	Deep - Work Melanie	19.00-20.00h	Piloxing Corinna	19.00-20.00h	Rücken-Fit Rina	19.15-20.00h	Pound Melanie				
20.15-21.00h	Jumping Tabata Melanie	20.00 -21.00h	Yoga Maren	20.00-21.00h	Jumping Fitness Corinna	20.00-21.00h	Jumping Fitness Melanie	20.00-21.00h	Strong by Zumba Melanie (nur mit Voranmeldung)				
21.00-22.00h	Variosling Melanie	21.00-22.00	BBP (Bauch Beine Po) Melanie	21.00-22.00h	Body-Power Melanie	20.00 - 21.00h	Bodystyling Rina						
						21.00-22.00h	Zumba Toning Melanie						