

MONTAG	Bodywork 18:00-18:50 Uhr	Rücken Fit 19:00-19:50 Uhr
Datum	Trainer*in	Trainer*in
7/4/2022	Bärbel	Annika
7/11/2022	Nina G.	Nina Böhm
7/18/2022	Nina G.	Annika
7/25/2022	Nina Böhm	Annika
8/1/2022	Gaby	Bärbel
8/8/2022	Sonja	Sonja
8/22/2022	Sonja	Sonja
8/29/2022	Bärbel	Bärbel

DIENSTAG	ZUMBA Fitness 18:30-19:30 Uhr
Datum	Trainer*in
7/5/2022	Gitti, Gaby
7/12/2022	Gitti, Senta
7/19/2022	Gitti, Senta
7/26/2022	Gitti, Senta, Gaby
8/2/2022	Gitti, Gaby
8/9/2022	Gitti, Gaby
8/16/2022	Senta, Gaby
8/23/2022	Gitti, Senta, Gaby
8/30/2022	Gitti, Senta, Gaby

MITTWOCH	Fit in den Tag 8:00-8:50 Uhr	Workout-Mix 19:00-19:50 Uhr
Datum	Trainer*in	Trainer*in
7/6/2022	Bärbel	Nina G.
7/13/2022	Anita	Petra B.
7/20/2022	Doris	Nina G.
7/27/2022	Anita	Sonja
8/3/2022	Doris	Petra B.
8/10/2022	Doris	Gaby
8/17/2022	Angelika	Nina Böhm
8/24/2022	Angelika	Petra B.
8/31/2022	Bärbel	Nina G.

DONNERSTAG	Rücken&Stretch 19:00-19:50 Uhr
Datum	Trainer*in
7/7/2022	Doris P.
7/14/2022	Carina W.
7/21/2022	Nina Böhm
7/28/2022	Petra B.
8/4/2022	Sonja
8/11/2022	Carina W.
8/18/2022	Petra B.
8/25/2022	Sonja
9/1/2022	Sonja