



|        | Montag  | Dienstag  | Mittwoch   | Donnerstag   | Freitag   | Samstag  | Sonntag |
|--------|---|---|--|--|---|--|---------|
| 9 Uhr  |   |   |  |  |   |  |         |
| 10 Uhr |   |   |  |  | <b>Seniorengymnastik ASF</b><br>09:00 - 10:00<br>Inge Richter               |  |         |
| 11 Uhr |   |   |  |  | <b>Zumba Fitness meets toning ASF</b><br>10:00 - 11:00<br>Biljana Holstein  | <b>Wirbelsäulengymnastik ASF</b><br>10:00 - 11:00<br>Iris Froechtenicht          |         |
| 12 Uhr |   |   |  |  |   | <b>Power-Bauch &amp; Rückenfitness ..</b><br>11:00 - 12:00<br>Iris Froechtenicht |         |
| 13 Uhr |   |   |  |  |   | <b>Zumba Fitness ASF</b><br>12:00 - 13:00<br>Helen Berhane                       |         |
| 14 Uhr |   |   |  |  |   |  |         |
| 15 Uhr |   |   |  |  |   |  |         |
| 16 Uhr |   | <b>Zumba für Kids (4-6 Jahre) ASF</b><br>15:15 - 16:00<br>Biljana Holstein  |  |  |   |  |         |
| 17 Uhr | <b>Senioren-sport ASF</b><br>16:00 - 17:00<br>Bettina Buettner    | <b>Zumba für Kids (7-12 Jahre) ASF</b><br>16:00 - 16:45<br>Biljana Holstein |  |  |   |  |         |
| 18 Uhr | <b>Rückenfit ASF</b><br>17:00 - 18:00<br>Bettina Buettner         | <b>KAHA ASF</b><br>17:00 - 18:00<br>Inge Richter                            | <b>Eltern-und Kindturnen ( 1-3J.) ..</b><br>16:30 - 18:00<br>Leila Azaouaghi | <b>Yoga Einsteiger ASF</b><br>17:00 - 18:00<br>Claudia Zeber         | <b>Eltern-und Kindturnen ( 1-3J.) ..</b><br>16:30 - 18:00<br>Meike Schaerpf |  |         |
| 19 Uhr | <b>Total Body Conditioning ..</b><br>18:00 - 19:00<br>Marco Bahls | <b>Pilates &amp; Stretching ASF</b><br>18:00 - 19:00<br>Susan Zeising       | <b>Yoga Einsteiger ASF</b><br>18:00 - 19:00<br>Gert Mariani                  | <b>Yoga Mittelstufe ASF</b><br>18:00 - 19:00<br>Claudia Zeber        |   |  |         |
| 20 Uhr | <b>BBP &amp; Stretch ASF</b><br>19:00 - 20:00<br>Marco Bahls      | <b>Fitness Workout ASF</b><br>19:00 - 20:00<br>Susan Zeising                | <b>Vitaler Rücken ASF</b><br>19:00 - 20:00<br>Gert Mariani                   | <b>Qi Gong ASF</b><br>19:00 - 20:00<br>Nikolai Bosselmann            |   |  |         |
| 21 Uhr | <b>Yoga ASF</b><br>20:00 - 21:30<br>Alice de Bruyn                | <b>Zumba Fitness ASF</b><br>20:00 - 21:00<br>Monika Diaz del Agulia         | <b>Zumba toning ASF</b><br>20:00 - 21:00<br>Biljana Holstein                 | <b>Tai Chi meets Yoga ASF</b><br>20:00 - 21:00<br>Nikolai Bosselmann |   |  |         |
| 22 Uhr |   |   |  |  |   |  |         |