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	Halle SCB	Wellness Gym	Fitness Gym	Street Style Gym	Stone Gym	Forest Gym	Beach Gym	Water Gym	Light Gym	Yoga Gym
7 Uhr										
8 Uhr			Early Bird Workout 07:30 - 08:30 Christiane Wirth							
9 Uhr										
10 Uhr	Schule 10:00 - 17:00 Kantschule Schule				Fitness Workout 10:00 - 11:00 Monika Diaz del Aguila			Fit nach der Rück.. 09:30 - 10:30 Vanessa Doll		Yoga Flow 10:00 - 11:00 Anita Vogt
11 Uhr			Zumba Gold 11:00 - 12:00 Monika Diaz del Aguila	Stretch & Relax 11:00 - 12:00 Johanna Glatt		Punch the Beat 10:30 - 11:30 Elena Vieten		Yoga Rückbildung 10:30 - 11:30 Vanessa Doll		Yogilates 11:00 - 12:00 Anita Vogt
12 Uhr			Gymnastik mit de.. 12:00 - 13:00 Angela Kerschgens-Krueger					Yoga für Schwang.. 11:30 - 12:30 Vanessa Doll	Jumping 11:30 - 12:30 Elena Vieten	Power Yoga 12:00 - 13:00 Anita Vogt
13 Uhr										Yoga 13:00 - 14:00 Vanessa Doll
14 Uhr					Schule 13:00 - 16:00 Kantschule Schule					Pilates Flow 14:00 - 15:00 Vanessa Doll
15 Uhr										
16 Uhr		Line Dance Erste .. 15:30 - 16:30 Hildegard Rauhut								Yoga meets Pilates 16:00 - 17:00 Sabine Armbruster
17 Uhr		Line Dance Anfän.. 16:30 - 17:30 Hildegard Rauhut		Step Aerobic 17:00 - 18:00 Claudia Hildenbrand	Pilates-Rückenfit 17:00 - 18:00 Annette Schmidt					Stretch & Relax 17:00 - 18:00 Sabine Armbruster
18 Uhr	Badminton 9-18 J.. 17:00 - 19:00 Fabian Gaestel	Line Dance Fortge.. 17:30 - 18:30 Hildegard Rauhut		TRX 12-18 Jahre 18:00 - 19:00 Paul Hoffmann	BBOP 18:00 - 19:00 Petra Roemer	Bauch & Rücken 17:30 - 18:30 Michael Gudo			Kung Fu Kids ab 7.. 17:30 - 18:30 Michael Caputo	Power Yoga 18:00 - 19:00 Kamila Kufiowski
19 Uhr						Functional Training 18:30 - 19:30 Michael Gudo	Fitness im Sand 18:00 - 19:00 Annette Schmidt	Pole Dance Pre-Int.. 18:30 - 19:30 Anna-Janine Bertuleit	Jumping 18:30 - 19:30 Claudia Hildenbrand	Pilates Einsteiger 19:00 - 20:00 Petra Roemer
20 Uhr			Zumba Fitness 19:00 - 20:00 Melanie Haberle	Aerial Yoga 19:00 - 20:00 Elke Rettenbacher	Dance Workout 19:00 - 20:00 Nele Duecker	Flowin Fit 19:30 - 20:30 Clara Luederwaldt	Yoga im Sand 19:00 - 20:00 Friederike Scholz	Pole Dance Interm.. 19:30 - 20:30 Anna-Janine Bertuleit	Kick?n?Punch 19:30 - 20:30 Elena Frank	Yoga 20:00 - 21:00 Corinna Wiedicke
21 Uhr	Prellball 20:00 - 22:00 Dennis Voelker		Late Night Yoga 20:00 - 21:00 Friederike Scholz	Aerial Yoga 20:00 - 21:00 Elke Rettenbacher	Capoeira 20:00 - 22:00 Maximilian Caruso	Langhantel 20:30 - 21:30 Clara Luederwaldt		Pole Dance Pre-Int.. 20:30 - 21:30 Anna-Janine Bertuleit	Jumping 20:30 - 21:30 Kira Jacob	
22 Uhr						Late Night Stretch 21:30 - 22:00				

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