



Fitness Paradise

... mein neues ICH



Workout & Dance-Stundenplan

MONTAG

08.30 – 09.30	Modern Pilates	Jürgen
18.30 – 19.25	Fit for Fun	Sigrun
19.30 – 20.25	Hip Hop	Fatmir – M/F
20.30 – 21.25	M.J. Style & Showdance	Matthäus & Fatmir – M/F

DIENSTAG

08.30 – 09.45	Rücken Gesund	Sigrun
18.30 – 19.25	Spinning	Tagrid

MITTWOCH

09.00 – 10.00	Body Spinning	Tagrid
18.30 – 19.25	Breakdance Basics	Klaudia – E/M
19.30 – 20.25	Jazz Funk	Silvia – E/M

DONNERSTAG

08.30 – 09.30	Bodyforming	Desiree
18.00 – 18.55	Bauchkiller & Rücken vital	Tagrid
19.00 – 19.55	Start to Dance!	Nicol – Einsteiger
20.00 – 20.55	Hip Hop	Nicol – E/M

FREITAG

08.30 – 09.30	Hausmannskost	Hansi
17.00 – 17.55	Hip Hop Teenies	Sabrina – E/M

SAMSTAG

13.00 – 13.55	Breakdance power moves	Dejan – M/F
14.00 – 14.55	Breakdance freies Training	Dejan – für ALLE

SONNTAG

10.00 – 11.00	Sunday Special/Körper+Geist	Jürgen
---------------	------------------------------------	--------