

MO**DI****MI****DO****FR****SA****SO**

9.00
WIRBELSÄULEN
GYMNASTIK
Cindy E-F

9.00
WIRBELSÄULEN
GYMNASTIK
Torsten E-F

9.00
WORKOUT
Frank E-F

9.00

9.00
WORKOUT
Tina E-F

9.00

9.00

10.00
WORKOUT
Cindy E-F

10.00
STEP AEROBIC
Torsten E-M

10.00
WIRBELSÄULEN
GYMNASTIK
Cindy E-F

10.00
PILATES
Alex E-F

10.00
STEP FATBURNER
Tina M

11.00 LES MILLE
Laura E-F

11.00

11.00 90 min
CHI-BALL
Monika E-F

11.00
PILATES
Alex E-F

11.00 **NEU**
ZUMBA
Eva E-F

11.00

11.00

11.00

11.00
STEP AEROBIC
Cindy M

11.00

15.00 45 min
WIRBELSÄULEN
GYMNASTIK
Sandra E-F

15.00

15.00
POWER BARS
Sandra E-F

15.00

15.00

12.00
WORKOUT
Cindy E-F

15.00
1st division
SABRINA
Sabrina

15.45 45 min
EXPRESS-
WORKOUT
Sandra E-F

15.45

16.00 30 min
SPECIAL BAUCH
STRETCHING
Sandra E-F

16.00

16.00

16.00

16.30
WORKOUT
Lars E-F

16.30
HIP HOP
Eva E-M

16.30
WORKOUT
Cindy E-F

16.30
STEP AEROBIC
Lars M

16.30
WIRBELSÄULEN
GYM. / PILATES
Dora E-F

16.30

16.30

17.30
AEROBIC
Lars M

17.30
STEP FATBURNER
Patricia E

17.30
THAI BO
Cindy E-M

17.30
WORKOUT
Silvio E-F

17.30 **NEU**
ZUMBA
Dora E-F

17.30

17.30

18.30
WORKOUT
Silvio E-F

18.30
WORKOUT
Patricia E-F

18.30
WIRBELSÄULEN
GYMNASTIK
Lars E-F

18.30
CALORIE BURNER
Silvio E

18.30 90 min
CHI-BALL
Monika E-F

18.30

18.30

19.30
STEP AEROBIC
Silvio E

19.30 30 min
SPECIAL BAUCH
Patricia E-F

19.30
SALSA AEROBIC
Lars M

19.30
Xco Workout
Sabrina E-M

19.30

19.30

19.30

20.30
BASIC-KURS
jeden 1. Montag
im Monat E

20.00 90 min
YOGA
Nannet E-F

20.00

20.30
WORKOUT
Steffi E-F

20.30

20.30

20.30

Heinrichstr. 11
04317 Leipzig

Frauen Fitness

6 88 47 19