

Abteilungen

- Flykids & Teens
- Groupfitness & Prävention
- Poledance & Aerial
- Tanzsport

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
9:00				■ Zumba 09:00 - 10:00 Probetraining		
10:00					■ Poledance 10:00 - 11:00 Anfänger	
11:00					■ Poledance 11:00 - 12:00 NEU: Fortgeschrittene	
12:00					■ Poledance 12:00 - 13:00 Freies Training ■ Aerial Hoop 12:00 - 13:00 Freies Training ■ Aerial Silk 12:00 - 13:00 Freies Training	
13:00					■ Poledance 13:00 - 14:00 Flypole-Privattraining	
14:00						
15:00						
16:00		■ Bungee Kids & Zumba Kids 15:30 - 16:30 Warteliste		■ Sportzirkus: Aerial Hoop & Poledance 16:00 - 17:00 Warteliste		
17:00		■ Linedance 16:30 - 17:30 Probetraining		■ Aerial Silk 17:15 - 18:15		
18:00	■ Zumba 17:50 - 18:50	■ Zumba 18:00 - 18:55 Probetraining	■ Pilates 17:45 - 18:45 Probetraining	■ Poledance 17:30 - 18:30		
19:00	■ Zumba 19:00 - 20:00 Probetraining	■ Linedance 19:15 - 20:15	■ Poledance 19:15 - 20:15 Fortgeschrittene	■ Aerial Hoop 19:00 - 20:00 Fortgeschrittene		
20:00	■ Jumping Fitness 20:15 - 21:15 Probetraining		20:00	■ Jumping Fitness 20:15 - 21:15 Probetraining		
21:00	■ Poledance 20:30 - 21:30 Fortgeschrittene	■ Aerial Hoop 20:30 - 21:30				
22:00						