

# Abteilungen

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

Montag      Dienstag      Mittwoch      Donnerstag      Freitag      Samstag      Sonntag

9:00					<span style="color: red;">■</span> Zumba 09:00 - 10:00 Probetraining			
10:00							<span style="color: blue;">■</span> Poledance 10:00 - 11:00 Neu: Anfänger	
11:00							<span style="color: blue;">■</span> Poledance 11:00 - 12:00 NEU: Fortgeschrittene	
12:00							<span style="color: blue;">■</span> Poledance 12:00 - 13:00 Freies Training  <span style="color: blue;">■</span> Aerial Hoop 12:00 - 13:00 Freies Training	
13:00							<span style="color: blue;">■</span> Poledance 13:00 - 14:00 Flypole- Privattraining	
14:00								
15:00								
16:00					<span style="color: orange;">■</span> Sportzirkus: Aerial Hoop & Poledance 16:00 - 17:00 Probestunde			
17:00			<span style="color: red;">■</span> Linedance 16:30 - 17:30 Probetraining		<span style="color: blue;">■</span> Aerial Silk 17:15 - 18:15			
18:00	<span style="color: red;">■</span> Zumba 17:50 - 18:50	<span style="color: red;">■</span> Zumba 18:00 - 18:55 Probetraining	<span style="color: green;">■</span> Pilates 17:45 - 18:45			<span style="color: blue;">■</span> Poledance 17:30 - 18:30		
19:00	<span style="color: red;">■</span> Zumba 19:00 - 20:00 Probetraining	<span style="color: red;">■</span> Linedance 19:15 - 20:15	<span style="color: blue;">■</span> Poledance 19:15 - 20:15 Fortgeschrittene	<span style="color: green;">■</span> Hula Hoop & Full Body Workout 18:30 - 19:30 Probetraining	<span style="color: blue;">■</span> Aerial Hoop 19:00 - 20:00 Fortgeschrittene			
20:00	<span style="color: green;">■</span> Jumping Fitness 20:15 - 21:15 Probetraining			<span style="color: green;">■</span> Jumping Fitness 19:45 - 20:45				
21:00		<span style="color: blue;">■</span> Poledance 20:30 - 21:30 Fortgeschrittene	<span style="color: blue;">■</span> Aerial Hoop 20:30 - 21:30					