

### 3. Trimester 2017 (18.09.2017 – 22.12.2017)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		<b>81 Hüft-Knie-Gelenke FIT</b> 08:15 – 09:15 Uhr (C. Wurster) Gym FGS	<b>35 Fit in den Tag</b> 07:45 – 08:45 Uhr (B. Kurz) Braike	
<b>16 Power-Chi</b> 09:15 – 10:15 Uhr (B. Kurz) Braike	<b>43 Rücken-Fit</b> 08:45 – 09:45 Uhr (B. Kurz) Braike	<b>19 Gesundheitstraining</b> 10:15 – 11:15 Uhr (I. Mitischka) Braike	<b>53 Rücken-Fit</b> 08:45 – 09:45 Uhr (B. Kurz) Braike	<b>2 Get-Fit</b> 09:30 – 10:30 Uhr (B. Kurz) Braike
	<b>4 Bodyforming</b> (ehemals Intervall-Training) 09:45 – 10:45 Uhr (B. Kurz) Braike			<b>11 Stretch &amp; Relax</b> 10:30 – 11:30 Uhr (B. Kurz) Braike
		<b>7 Eltern &amp; Kind</b> 16:00 – 17:00 Uhr (K. Ratzkowski) Braike		
	<b>6 Eltern &amp; Kind</b> 17:00 – 18:00 Uhr (C. Templin) Braike	<b>8 Eltern &amp; Kind</b> 17:00 – 18:00 Uhr (C. Templin) Braike		
	<b>13 Rücken-Fit</b> 17:15 – 18:15 Uhr (A. Schulz) Ersberg Gym			
<b>18 Pilates</b> 17:55 – 18:55 Uhr (I. Colin) Ersberg Gym	<b>3 Rücken-Fit</b> 18:00 – 19:00 Uhr (B. Kurz) Braike	<b>26 Power-Chi</b> 18:00 – 19:00 Uhr (B. Kurz) Braike	<b>14 Bodyforming</b> 18:05 – 19:05 Uhr (A. Schulz) Braike	<b>9 Get-Fit</b> (ehemals Intervall-Training) 18:00 – 19:00 Uhr (B. Kurz) Braike
<b>28 Pilates</b> 19:00 – 20:00 Uhr (I. Colin) Ersberg Gym	<b>23 Rücken-Fit</b> 18:20 – 19:20 Uhr (A. Schulz) Ersberg Gym	<b>24 Bodyforming</b> 19:00 – 20:00 Uhr (B. Kurz) Braike	<b>29 Gesundheitstraining</b> 19:10 – 20:10 Uhr (A. Schulz) Braike	
<b>38 Pilates</b> 20:05 – 21:05 Uhr (I. Colin) Ersberg Gym	<b>63 Rücken-Fit</b> 19:30 – 20:30 Uhr (A. Schulz) Ersberg Gym			
<b>1 Get-Fit</b> 20:30 – 21:30 Uhr (A. Schulz) Braike		<b>12 Capoeira Erwachsene</b> 20:15 – 21:15 Uhr (H. Kern) Braike	<b>71 Zumba</b> 20:15 – 21:15 Uhr Start: 28.09.17 (R. Timoce) Braike	