

# 1. Trimester 2019 (07.01.2019 – 12.04.2019)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		<b>7 Hüft-Knie-Gelenke FIT</b> 08:15 – 09:15 Uhr (C. Wurster) Gym FGS	<b>9 Fit in den Tag</b> 07:45 – 08:45 Uhr (B. Kurz) Braike	
<b>6 Power-Chi</b> 09:15 – 10:15 Uhr (B. Kurz) Braike	<b>3 Rücken-Fit</b> 08:45 – 09:45 Uhr (B. Kurz) Braike	<b>19 Gesundheitstraining</b> 09:30 – 10:30 Uhr (I. Mitischka) Braike	<b>48 Yoga</b> 08:15 – 09:15 Uhr (A. Schulz) Gym FGS	
<b>31 Get-Fit</b> 10:15 – 11:15 Uhr (B. Kurz) Braike	<b>4 Bodyforming</b> 09:45 – 10:45 Uhr (B. Kurz) Braike		<b>53 Rücken-Fit</b> 08:45 – 09:45 Uhr (B. Kurz) Braike	<b>11 Get-Fit</b> 10:00 – 11:00 Uhr (B. Kurz) Braike
		<b>12 Eltern &amp; Kind (1,5 – 3 J.)</b> 16:00 – 17:00 Uhr (K. Ratzkowski) Braike		
	<b>2 Eltern &amp; Kind (ab 3 J.)</b> 17:00 – 18:00 Uhr (C. Templin) Braike	<b>22 Eltern &amp; Kind (ab 3 J.)</b> 17:00 – 18:00 Uhr (C. Templin) Braike		
<b>8 Yoga</b> 18:55 – 19:55 Uhr (A. Schulz) Gym FGS	<b>13 Rücken-Fit</b> 17:15 – 18:15 Uhr (A. Schulz) Ersberg Gym			<b>25 Zumba Kids</b> 16:00 – 17:00 Uhr (R. Timoce) Braike
<b>18 Pilates</b> 17:55 – 18:55 Uhr (I. Colin) Ersberg Gym	<b>23 Rücken-Fit</b> 18:00 – 19:00 Uhr (B. Kurz) Braike	<b>63 Power-Rücken</b> 18:05 – 19:05 Uhr (P. Schumacher) Braike	<b>24 Bodyforming</b> 18:05 – 19:05 Uhr (A. Schulz) Braike	<b>21 Get-Fit</b> 18:00 – 19:00 Uhr (B. Kurz) Braike
<b>28 Pilates</b> 19:00 – 20:00 Uhr (I. Colin) Ersberg Gym	<b>33 Rücken-Fit</b> 18:20 – 19:20 Uhr (A. Schulz) Ersberg Gym	<b>14 Bodyforming</b> 19:10 – 20:10 Uhr (P. Schumacher) 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>43 Rücken-Fit</b> 19:25 – 20:25 Uhr (A. Schulz) Ersberg Gym			
<b>1 Get-Fit</b> 20:30 – 21:30 Uhr (A. Schulz) Braike			<b>15 Zumba</b> 20:15 – 21:15 Uhr (R. Timoce) Braike	