

2. Trimester 2020 (20.04.2020 – 28.07.2020)

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|--|--|---|---|---|
| | 48 Yoga 08:15 – 09:15 Uhr (A. Ganzner) Gym FGS | 7 Hüft-Knie-Gelenke FIT 08:15 – 09:15 Uhr (C. Wurster) Gym FGS | 9 Fit in den Tag 07:45 – 08:45 Uhr (B. Kurz) Braike | |
| 6 Power-Chi 09:00 – 10:00 Uhr (B. Kurz) Braike | 3 Rücken-Fit 08:45 – 09:45 Uhr (B. Kurz) Braike | 19 Gesundheitstraining 08:50 – 09:50 Uhr (I. Mitischka) Schreibere | 53 Rücken-Fit 08:45 – 09:45 Uhr (B. Kurz) Braike | |
| | 4 Bodyforming 09:45 – 10:45 Uhr (B. Kurz) Braike | | | 11 Get-Fit 10:15 – 11:15 Uhr (B. Kurz) Braike |
| | | | | |
| | | 32 Eltern & Kind (1,5 – 3 J.) 15:30 – 16:15 Uhr (K. Ratzkowski) Braike | | |
| 58 Yoga für Schwangere 17:45 – 18:45 Uhr (A. Ganzner) Gym FGS | 2 Eltern & Kind (ab 3 J.) 17:00 – 18:00 Uhr (C. Templin) Braike | 12 Eltern & Kind (1,5 – 3 J.) 16:15 – 17:00 Uhr (K. Ratzkowski) Braike | | |
| | | | | |
| 8 Yoga 18:55 – 19:55 Uhr (A. Ganzner) Gym FGS | 13 Rücken-Fit 17:15 – 18:15 Uhr (A. Ganzner) Ersberg Gym | 22 Eltern & Kind (ab 3 J.) 17:00 – 18:00 Uhr (K. Ratzkowski) Braike | | 25 Zumba-Kids 16:00 – 17:00 Uhr (R. Timoce) Braike |
| 18 Pilates 17:55 – 18:55 Uhr (I. Colin) Ersberg Gym | 23 Rücken-Fit 18:00 – 19:00 Uhr (B. Kurz) Braike | 63 Rücken meets Pilates 18:15 – 19:15 Uhr (P. Schumacher) Braike | 24 Bodyforming 18:05 – 19:05 Uhr (A. Ganzner) Braike | 21 Get-Fit 18:00 – 19:00 Uhr (B. Kurz) Braike |
| 28 Pilates 19:00 – 20:00 Uhr (I. Colin) Ersberg Gym | 33 Rücken-Fit 18:20 – 19:20 Uhr (A. Ganzner) Ersberg Gym | 14 Bodyforming 19:20 – 20:20 Uhr (P. Schumacher) Braike | 29 Gesundheitstraining 19:10 – 20:10 Uhr (A. Ganzner) Braike | |
| 38 Pilates 20:05 – 21:05 Uhr (I. Colin) Ersberg Gym | 43 Rücken-Fit 19:25 – 20:25 Uhr (A. Ganzner) Ersberg Gym | | | |
| 1 Get-Fit 20:30 – 21:30 Uhr (A. Ganzner) Braike | | | 15 Zumba 20:15 – 21:15 Uhr (R. Timoce) Braike | |