

3. Trimester 2018 (17.09.2018 – 21.12.2018)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		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 09:15 – 10:15 Uhr (B. Kurz) Braike	3 Rücken-Fit 08:45 – 09:45 Uhr (B. Kurz) Braike	19 Gesundheitstraining 09:30 – 10:30 Uhr (I. Mitischka) Braike	53 Rücken-Fit 08:45 – 09:45 Uhr (B. Kurz) Braike	
31 Get-Fit 10:15 – 11:15 Uhr (B. Kurz) Braike	4 Bodyforming 09:45 – 10:45 Uhr (B. Kurz) Braike			11 Get-Fit 10:00 – 11:00 Uhr (B. Kurz) Braike
		12 Eltern & Kind (1,5 – 3 J.) 16:00 – 17:00 Uhr (K. Ratzkowski) Braike		
	2 Eltern & Kind (ab 3 J.) 17:00 – 18:00 Uhr (C. Templin) Braike	22 Eltern & Kind (ab 3 J.) 17:00 – 18:00 Uhr (C. Templin) Braike		
8 Yoga 18:55 – 19:55 Uhr (A. Schulz) Gym FGS	13 Rücken-Fit 17:15 – 18:15 Uhr (A. Schulz) Ersberg Gym			
18 Pilates 17:55 – 18:55 Uhr (I. Colin) Ersberg Gym	23 Rücken-Fit 18:00 – 19:00 Uhr (B. Kurz) Braike	16 Power-Chi 18:00 – 19:00 Uhr (B. Kurz) Braike	24 Bodyforming 18:05 – 19:05 Uhr (A. Schulz) 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. Schulz) Ersberg Gym	14 Bodyforming 19:00 – 20:00 Uhr (B. Kurz) Braike	29 Gesundheitstraining 19:10 – 20:10 Uhr (A. Schulz) Braike	
38 Pilates 20:05 – 21:05 Uhr (I. Colin) Ersberg Gym	43 Rücken-Fit 19:25 – 20:25 Uhr (A. Schulz) Ersberg Gym			
1 Get-Fit 20:30 – 21:30 Uhr (A. Schulz) Braike			15 Zumba 20:15 – 21:15 Uhr (R. Timoce) Braike	