

3. Trimester 2017 (18.09.2017 – 22.12.2017)

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