

**M  
O**

10:00 – 11:00

11:00 – 12:00

15:45 – 16:30

16:30 – 17:30

17:30 – 18:30

18:30 – 19:30

19:30 – 20:30

**Core** (Bauch/Rücken)

**Zirkeltraining** für Senioren

**S-letik** (Fitness für Kids 7–12J)

**Hip Hop Kids**

RIVERSIDE KIDZ (8–11 J)

**Core** (Bauch/Rücken)

**Kick Off**

**Hip Hop**

Jazzdance Erwachsene

MOUNTAIN CREW

**D  
I**

16:30 – 17:30

17:30 – 18:30

18:30 – 19:30

19:30 – 20:30

**Hip Hop Kids**

JUMPERS (5–9 J)

**Deepwork**

**Faszientraining**

**Zirkeltraining**

**M  
I**

09:00 – 10:00

10:00 – 11:00

17:30 – 18:30

18:30 – 19:30

19:30 – 20:30

**Zumba**

**Körperkult**

**Zirkeltraining**

**Functional Training**

**Zumba**

**D  
O**

18:30 – 19:30

**Yoga für den Rücken**

**F  
R**

09:00 – 10:00

10:00 – 11:00

15:30 – 16:30

16:30 – 17:30

17:30 – 18:30

18:30 – 19:30

**Faszientraining**

**Zirkeltraining**

**Hip Hop Kids**

HILLSIDE CREW (10–13 J)

**Hip Hop Teens**

BEATZ (14–18 J)

**Zumba**

**Kick Off**



FITNESSdasSchulz